

Abiraam Samithamby, B.A.

Email: abiraamsamithamby@cmail.carleton.ca

EDUCATION

Master of Arts, Forensic Psychology, Carleton University

2024 - Present

Supervisor: Dr. Kelly Babchishin

Bachelor of Arts (Hons), Psychology, Concordia University

2020 - 2023

Final Graduation GPA: 4.28/4.30

Graduated with Great Distinction

Thesis: *Protective health techniques for the performer of painful narratives*

Supervisor: Dr. Emily Coffey

Diploma of College Studies, Honours Social Science (Psychology Major), Vanier College

2018 - 2020

Overall Average: 97.21%

RESEARCH EXPERIENCE

Research Assistant

2022 - 2023

Coffey Lab: Audition, Sleep, and Plasticity (CL:ASP), Concordia University

Project 1: Protective health techniques for the performer of painful narratives

- Co-led a research project investigating the emotional responses of actors performing testimonies from real-life survivors of sexual assault
- Constructed experimental paradigms using PsychoPy
- Prepared ethics documents, experimental protocols, and participant questionnaires
- Collected physiological data (heart rate variability, galvanic skin response, pupillometry)
- Conducted follow-up interviews with participants

Project 2: Approaches to studying emotion using physiological responses to spoken narratives: A scoping review

- Co-authored a review paper that provides an overview of research involving emotional narratives and physiological measures
- Reviewed more than 1,150 abstracts on physiological responses to emotional narratives
- Conducted full-text assessments for over 215 papers

Peer Reviewer**2022 - 2023***Concordia's Journal of Psychology and Neuroscience, and**Concordia's Journal of Accessible Psychology, Concordia University*

- Participated in the peer review process for articles submitted by undergraduate students
- Collaborated with authors by offering constructive feedback, guiding them through multiple rounds of review to enhance the quality of their work, and contributed to the successful publication of the final article online
- Communicated effectively with editors at every stage of the review process
- Participated in workshops focused on the evaluation of empirical articles, employing specific guidelines derived from the peer review process

CLINICAL EXPERIENCE

Member Service Specialist**04/2024 - 08/2024***Dialogue Health*

- Conducted thorough triage assessments for members with mental health concerns to match them with appropriate mental health professionals based on their specific needs.
- Provided compassionate support to distressed members in crisis situations, helping to de-escalate tensions and ensure timely access to appropriate resources.

Specialized Tutor**2023 - 2024***Brightside Learning*

- Assisted students affected by ADHD and/or learning disabilities in developing executive functioning skills (e.g., organization, time management, emotional control, and accountability)
- Helped students in improving study skills and implementing effective note-taking strategies
- Held regular meetings with parents and supervisors to share updates on student progress

Bilingual Crisis Responder**2023 - 2024***Kids Help Phone*

- Offered empathetic support to individuals experiencing crises via online chat in English and French
- Conducted thorough risk assessments for suicide with every texter
- Discussed different coping strategies and collaboratively set up safety plans for texters
- Followed established guidelines and protocols for crisis response (e.g., abuse, self-harm)
- Worked along a team of crisis responders and professionals to ensure effective support

AQUA Kids Program Volunteer**2023 - 2024***Montreal Centre for Learning Disabilities*

- Assisted children with autism, ADHD, and/or learning disabilities during arts and craft, gym, and swimming activities
- Supported the development of social skills and emotion regulation skills for participating children
- Offered emotional support to children facing personal challenges (e.g., school anxiety, loneliness)
- Effectively de-escalated conflict situations that arose between participating children

Active Listener**01/2022 - 05/2022***Face à Face Listening and Intervention Centre*

- Helped individuals overcome their personal difficulties through active listening
- Provided mail reception and housing search services for individuals without a fixed address
- Attended training sessions on various subjects involving mental health, trauma, and addiction

OTHER RELEVANT EXPERIENCE

Peer Mentor**05/2023 - 08/2023***Coffey Lab: Audition, Sleep, and Plasticity (CL:ASP), Concordia University*

- Mentored a psychology student who joined my research project as a research assistant in Summer 2023, setting her on a solid path for her Specialization Thesis class in 2023-2024
- Conducted comprehensive training sessions, equipping her with the skills to operate research equipment, navigate software (e.g. PsychoPy), and conduct experimental sessions

Math and English Tutor**2017 - 2022***Kumon Math and Reading Centre*

- Helped instructors manage a class with more than 50 students, from ages 3 to 18
- Worked with several students with autism, ADHD and/or learning disabilities
- Helped students manage their anxiety concerning tests
- Offered feedback and progress reports to students, parents, and instructors

RESEARCH AWARDS

FRQSC - Master's Training Scholarship**2024 - 2026**

Value: \$40,000.00

Location: Carleton University

FRQNT - Supplements of the NSERC Undergraduate Student Research Award**2023**

Value: \$1,500.00

Project Title: Protective Health Techniques for the Performer of Painful Narratives

Location: Concordia University

NSERC Undergraduate Student Research Award**2023**

Value: \$8,120.00

Project Title: Protective Health Techniques for the Performer of Painful Narratives

Location: Concordia University

Best Article Submission Award (1st Place)**2022**

Value: \$100.00

Article: Method or Madness? Exploring the Psychological Effects of Method Acting

Journal: Concordia's Journal of Accessible Psychology

FRQNT - Supplements of the NSERC Undergraduate Student Research Award **2022**

Value: \$1,500.00

Project Title: Protective Health Techniques for the Performer of Painful Narratives

Location: Concordia University

NSERC Undergraduate Student Research Award **2022**

Value: \$9,670.00

Project Title: Protective Health Techniques for the Performer of Painful Narratives

Location: Concordia University

ACADEMIC AWARDS, SCHOLARSHIPS, AND RECOGNITIONS

Departmental Scholarships **2024 - 2026**

Value: \$8,500.00

Location: Carleton University

Domestic Entrance Scholarship **2024 - 2025**

Value: \$2,000.00

Location: Carleton University

Faculty of Arts and Science Scholar **2020 - 2023**

Description: A distinction granted to the top 1% of scholars within their faculty

Location: Concordia University

Dean's List **2020 - 2023**

Description: A distinction granted to students who achieve a minimum annual GPA of 3.75

Location: Concordia University

Jack L Cummings Scholarship **2022**

Value: \$1,250.00

Description: Awarded to one student annually for their outstanding academic accomplishment

Location: Concordia University

Arts and Science Federation of Associations Award **2022**

Value: \$300.00

Description: Recognizes four students who have excelled in their academic career annually

Location: Concordia University

Crevier-Bronstetter Scholarship **2021**

Value: \$4,000.00

Description: Awarded to one student annually for their outstanding academic accomplishment

Location: Concordia University

Governor General's Academic Medal**2020**

Description: Granted to the highest academically-standing student in their graduating year

Location: Vanier College

John Economides Scholarship**2020**

Value: \$1,000.00

Description: Awarded to one student annually for their outstanding academic accomplishment

Location: Vanier College

Program Award**2020**

Description: Awarded for graduating with the highest grade average in the Psychology program

Location: Vanier College

Dean's Honour Roll**2018 - 2020**

Description: A distinction granted for maintaining a grade average of 90% and above

Location: Vanier College

Entrance Bursary**2018**

Value: \$200.00

Description: Awarded to the incoming Psychology student with the highest high school grade average

Location: Vanier College

SKILLS

APPLICATIONS/SOFTWARE:

- Microsoft Word and PowerPoint
- Google Docs and Slides
- PsychoPy
- Overleaf and LaTeX
- Inkscape (graphics editor)
- Audacity (audio editor)
- Zotero
- LabRecorder

DATA/STATISTICAL ANALYSIS:

- Python (basic)
- R (basic)
- JASP
- SPSS
- Microsoft Excel
- Google Sheets

EQUIPMENT:

- Shimmer3 GSR+ Device (skin conductance, heart rate)
- Pupil Labs Eye-tracker

LANGUAGES:

- English (fluent)
- French (fluent)
- Tamil (fluent)
- Spanish (basic)

WRITTEN SCIENTIFIC WORK

PEER-REVIEWED PUBLISHED ARTICLES:

1. Savard, M.-A., Merlo, R., **Samithamby, A.**, Paas, A., & Coffey, E. B. J. (2024). Approaches to studying emotion using physiological responses to spoken narratives: A scoping review. *Psychophysiology*, 00, e14642. <https://doi.org/10.1111/psyp.14642>

PUBLISHED ARTICLES (OTHERS):

2. **Samithamby, A.** (2022, October 1). Method or madness? Exploring the psychological effects of method acting. *Concordia's Journal of Accessible Psychology*.
<https://www.concordiapsychjournals.ca/ciap/blog/method-or-madness/>

ARTICLES IN PREPARATION:

1. Merlo, R. *, **Samithamby, A. ***, Brignol, A., Savard, M.-A., Bou Rjelly, D., & Coffey, E. (in preparation). *Modulating emotional reactivity through listening strategies in actors performing painful narratives*. Department of Psychology, Concordia University.
*contributed equally

POSTER PRESENTATIONS

1. Merlo, R. *, **Samithamby, A. ***, Brignol, A., Bou Rjeily, D., Savard, M.-A., Jiménez, C., Castro, L. S., & Coffey, E. (2023, May 1). *Modulating emotions in theatre performance: The effect of attentional techniques on physiological arousal* [Poster presentation]. 24th Annual Neuropsychology Day and Brenda Milner Lecture, Montreal, Canada.
<https://www.mcgill.ca/neuro/channels/event/24th-annual-neuropsychology-day-and-brenda-milner-lecture-functional-specializations-cortex-humans-335332>
*contributed equally
2. **Samithamby, A. ***, Merlo, R. *, Brignol, A., Savard, M.-A., Jiménez, C., Castro, L. S., & Coffey, E. (2023, May 28-31). *Physiological reactivity in acting: Exploring the effects of traumatic narratives on emotional arousal* [Poster presentation]. 16th Canadian Neuroscience Meeting, Montreal, Canada.
<https://can-acn.org/meeting-2023/>
*contributed equally
3. **Samithamby, A.**, Merlo, R., Brignol, A., Bou Rjeily, D., Savard, M.-A., Jiménez, C., Castro, L. S., & Coffey, E. (2023, March 16). *Modulating emotional reactivity through listening strategies: A step towards safer acting practices* [Poster presentation]. CRDH Conference and Schwartzman Lecture, Montreal, Canada.
<https://www.concordia.ca/cuevents/artsci/human-development/2023/03/16/2023-crdh-schwartzman-lecture.html?c=/events>
4. **Samithamby, A.**, Merlo, R., Brignol, A., Bou Rjeily, D., Savard, M.-A., Jiménez, C., Castro, L. S., & Coffey, E. (2022, November 11). *Preventive health techniques for the performer of painful narratives* [Poster presentation]. Undergraduate Student Research Showcase.
<https://www.concordia.ca/cuevents/offices/vprgs/2022/11/11/undergraduate-research-showcase.html>