



ELIZABETH ROBY

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SUMMARY

Recent Psychology graduate with a solid understanding of human behavior, psychological research, and mental health principles. Experienced in conducting research, analyzing data, and applying psychological theories to real-world situations. Strong interpersonal and communication skills with a passion for helping others and promoting mental wellness. Adept at working in team environments and independently, with a keen interest in pursuing a career in clinical psychology. Eager to leverage academic knowledge and practical experience to contribute to the well-being of individuals and communities.

WORK EXPERIENCE

Research Assistant

Jan 2022 - Present

- Currently working as a research assistant under Professor Dr. Khym De Barros, who is our primary investigator for the research study that is being published.
- The research covers topics such as the prevalence of anxiety among university students, improving anxiety awareness on university campuses, anxiety and its consequences for interpersonal relationships, and anxiety and its representations in student athletes.

Clinical Psychology Intern at Al Amal Psychiatric Hospital

Dec 2023 - Jan 2024

- Had the opportunity to work as an intern and to participate in therapy sessions and observe CBT and EMDR at work. It provided exposure to a diverse range of mental health issues and illnesses.
- I also got the opportunity to observe how psychological assessments are conducted using standardized tools and clinical interviews. I got hands-on experience in assisting the psychologist in administering and scoring psychological tests, interpreting results, and contributing to diagnostic evaluations.

Psychology Intern at Al Ibtisama Special Needs School

May 2023 – Jun 2023

- Worked as an intern for a month at Al Ibtisama, a special needs school in Sharjah, and learned about autism, down syndrome and other learning disabilities.
- I also got the opportunity to interact with students with disabilities, collaborate closely with the teaching team, observe classroom activities, contribute to lesson planning, and be part of the different departments of therapy offered to help the students development

EDUCATION

Masters in Science Mental Health (Clinical)

Present

University of Birmingham Dubai

Bachelor of Arts in Psychology

Sep 2020 - Jun 2024

American University of Sharjah

- Graduated with CGPA 3.38
- Psi Chi Honor Society, Dean's Merit List, Merit Scholarship, Maroun Seeman Endowed Scholarship

High School Diploma

May 2020 - May 2006

Our Own English High School of Sharjah

SKILLS

- **Soft skills:** Decision making, critical thinking, planning and coordination, verbal communication, teamwork, leadership, problem solving, research and writing skills
 - **Hard skills:** MS office and Canva
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PRESENTATION

De Barros, K. Isaac, Deeb, M., Roby, E., Badran, M., Abbas, A., Al Falasi, M., Elkarib, N., Al Hasouni, Z., Ammary, D., El Rifai, Y., Hachem, S., Ali Jaber, Z., Kayyal, J., and Alshehada, S., Super Stressed: The Prevalence of Anxiety Among University Students, August 3-5, 2023, [Poster Presentation], American Psychological Association (APA) 2023 Annual Convention.

De Barros, K. Isaac, Elkarib, N., Al Hasouni, Z., Kayyal, J., Abbas, A., Al Falasi, M., Badran, M., Deeb, M., El Rifai, Y., Hachem, S., Ali Jaber, Z., Roby, E., Ammary, D., and Alshehada, S., Anxiety, Academic and Athletic Achievement: The Prevalence of Anxiety Among Student Athletes in the Middle East, June 15-16, 2023, [Poster Presentation], British Psychological Society: Division of Counselling Psychology Annual Conference 2023

De Barros, K. Isaac, Abbas, A., Hachem, S., Alshehada, S., Elkarib, N., Al Falasi, M., Deeb, M., Roby, E., Al Hasouni, Z., Badran, M., El Rifai, Y., Ali Jaber, Z., Kayyal, J., and Ammary D., Discerning Connections Between Anxiety and Attachment Patterns in Interpersonal Relationships, June 15-16, 2023, [Poster Presentation], British Psychological Society: Division of Counselling Psychology Annual Conference 2023

De Barros, K., Deeb, M., Roby, E., Badran, M., Abbas, A., Al Falasi, M., Elkarib, N., Al Hasouni, Z., Ammary, D., El Rifai, Y., Hachem, S., Ali Jaber, Z., Kayyal, J., and Alshehada, S., Super Stressed: The Prevalence of Anxiety Among University Students, June 15-16, 2023, [Paper Presentation], British Psychological Society: Division of Counselling Psychology Annual Conference 2023

De Barros, K., Deeb, M., Roby, E., Badran, M., Abbas, A., Al Falasi, M., Elkarib, N., Al Hasouni, Z., Ammary, D., El Rifai, Y., Hachem, S., Ali Jaber, Z., Kayyal, J., and Alshehada, S., Super Stressed: The Prevalence of Anxiety Among University Students, May 3, 2023, [Poster Presentation], Anxiety Awareness Day, American University of Sharjah

De Barros, K. Isaac, Al Falasi, M., Elkarib, N., Deeb, M., Roby, E., Abbas, A., Badran, M., Al Hasouni, Z., Kayyal, J., Hachem, S., Ali Jaber, Z., El Rifai, Y., Ammary, D., and Alshehada, S. Anxiety Awareness Among Middle Eastern College Students: The Effects of Progressive Muscle Relaxation, May 3, 2023 [Poster Presentation], Anxiety Awareness Day, American University of Sharjah

De Barros, K. Isaac, Abbas, A., Hachem, S., Alshehada, S., Elkarib, N., Al Falasi, M., Deeb, M., Roby, E., Al Hasouni, Z., Badran, M., El Rifai, Y., Ali Jaber, Z., Kayyal, J., and Ammary D., Discerning Connections Between Anxiety and Attachment Patterns in Interpersonal Relationships, May 3, 2023, [Poster Presentation], Anxiety Awareness Day, American University of Sharjah

De Barros, K. Isaac, Elkarib, N., Al Hasouni, Z., Kayyal, J., Abbas, A., Al Falasi, M., Badran, M., Deeb, M., El Rifai, Y., Hachem, S., Ali Jaber, Z., Roby, E., Ammary, D., and Alshehada, S., Anxiety, Academic and Athletic Achievement: The Prevalence of Anxiety Among Student Athletes in the Middle East, May 3, 2023, [Poster Presentation], Anxiety Awareness Day, American University of Sharjah

De Barros, K. Isaac, Elkarib, N., Roby, E., Abbas, A., Badran, M., Deeb, M., Hachem, S., El Rifai, Y., Kayyal, J., Ammary, D., Al Malik, F., Abukmeil, S., Atqash, A., and Radwan, Y., Anxiety, Athletic Performance and Academic Achievement: The Prevalence of Anxiety in the Middle East, August 8 , 2024, [Poster Presentation], American Psychological Association: Division 47: Society for Sport, Exercise and Performance Society, Annual Conference 2024.

De Barros, K. Isaac, Elkarib, N., Roby, E., Abbas, A., Badran, M., Deeb, M., Hachem, S., El Rifai, Y., Kayyal, J., Ammary, D., Al Malik, F., Abukmeil, S., Atqash, A., and Radwan, Y., Progressive Muscle Relaxation: Effective Treatments In Reducing Anxiety Among Middle Eastern University Students, August 10, 2024, [Poster Presentation], American Psychological Association: Division 52: International Psychology, Annual Conference 2024

De Barros, K. Isaac, Roby, E., Elkarib, N., Abbas, A., Badran, M., Deeb, M., Hachem, S., El Rifai, Y., Kayyal, J., Ammary, D., Al Malik, F., Abukmeil, S., Atqash, A., and Radwan, Y., Anxiety: Cultural Representations and Challenges, August 10, 2024, [Paper Presentation], American Psychological Association Annual Conference 2024

ADDITIONAL INFORMATION

- **Languages:** English, Malayalam, French, Arabic
- **Professional Membership:** Psi Chi the International Honor Society, American Psychological Association
- **Volunteer:** Community service at American University of Sharjah, Red Crescent