

**Helena Costantini**  
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## EDUCATION

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**Ferkauf Graduate School of Psychology at Yeshiva University, New York, New York**  
*PhD in Clinical Psychology- Health Emphasis* **August 2024- Current**

**Tufts University, Medford, MA**  
*Bachelor of Science in Clinical Psychology, Minor in Spanish* **May 2022**  
**Magna Cum Laude, GPA: 3.78**

## RESEARCH EXPERIENCE

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**Center on Aging and Behavioral Research, Weill Cornell Medicine** **July 2022-July 2024**  
Division of Geriatrics and Palliative Care, New York, NY  
Research Assistant, Director: Sara J. Czaja, Ph.D.

- Coordinated participant recruitment, screening, and consent, and conducted semi-structured qualitative interviews for a communication-based intervention study to improve knowledge around Advanced Care Directives for family caregivers and patients with early-stage Alzheimer’s disease and/or related dementias (*Know Study*)
- Conducted semi-structured patient interviews on the everyday functioning of individuals with mild cognitive impairment, post-stroke cognitive impairment, and traumatic brain injury (*Enact Study*)
- Conducted semi-structured patient interviews on navigation for participants with mild cognitive impairment, post-stroke cognitive impairment, and traumatic brain injury (*Augment Study*)
- Coordinated participant recruitment, screening, and consent, and conducted semi-structured interviews for a wellness program to help older adult patients in the geriatric clinic access a range of educational, cultural, and physical activities using technology (*Creation of a Wellness Program*)
- Conducted quantitative analysis, qualitative coding, and thematic analysis of data from the *Creation of a Wellness Program* study
- Conducted a literature review and presentation on interventions for family caregivers of older adults experiencing neglect (*Sirens Study*)
- Conducted cognitive testing on patients using the Montreal Cognitive Assessment
- Assisted in the preparation and submission of materials to the Institutional Review Board

**Integrated Brain Health Clinical and Research Program, Massachusetts General Hospital 2021-2022**

Department of Psychiatry, Boston MA

Undergraduate Research Assistant Intern, Director: Ana-Maria Vranceanu, Ph.D.

- Conducted interviews evaluating the effect of a resilience intervention on quality of life (including evaluating anxiety, depression, and pain) for adolescent neurofibromatosis patients and their parents
- Conducted a literature review on resiliency factors after traumatic brain injury
- Improved lab advertising and recruitment by creating recruitment posters, managing and contributing to the lab blog, and designing a website for the *Musculoskeletal Mental and Social Health Consortium*

## **Human Interaction Lab, Tufts University**

**June 2020 – May 2021**

Department of Psychology, Medford, Massachusetts

Undergraduate Research Assistant Intern, Director: JP de Ruiter, Ph.D.

- Assisted in data analysis by evaluating conversations using Clan, flagging instances of perceived miscommunication
- Assisted in the design for a linguistics study on language connotation and miscommunication
- Conducted data collection sessions with participants in-person and over Zoom

## **VOLUNTEER EXPERIENCE**

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### **Tufts Ears for Peers, Tufts University, Medford MA**

**2021- 2022**

- Counselor at a confidential student mental health hotline
- Responded to mental health crises via phone and text
- Worked up to 12-hour shifts overnight and throughout the day
- Participated in monthly training sessions with licensed mental health professionals

### **Leonard Carmichael Society, Tufts University, Medford MA**

**2019-2020**

- Tutored a first grader weekly in math and reading

### **Universidad de Cádiz Tutoring, Cádiz Spain**

**Summer 2019**

- English tutor for middle school students

### **Metro Health Medical Center, Department of Dermatology, Cleveland OH**

**Summer 2019**

- Comforted patients during procedures, distributed educational materials, retrieved paperwork and supplies for patients and families

### **Tufts University First-Year Orientation Community Service (FOCUS), Medford MA Fall 2018**

- Participated in a 5-day community service program working in soup kitchens, food banks and homeless shelters throughout Boston, sorting clothes, making beds, and preparing meals for unhoused individuals

## **SKILLS**

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**Programs:** Redcap, Epic, Wix, Square Space, Canva, Microsoft Office, Otter AI, Zoom

## **CERTIFICATIONS**

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**Cognitive Testing:** Montreal Cognitive Assessment (MoCA)  
Clinical Dementia Rating Scale (CDR)

**July 2022**

## **AWARDS & HONORS**

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*Psi Chi Society*

Dean's List

**2018-2022**

## **PUBLICATIONS**

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Rosen, T., Shaw, A., Elman, A., Baek, D., Gottesman, E., Park, S., **Costantini, H...** Czaja, S. (2024) Focusing on Caregiver Neglect: A Novel Strategy for Elder Mistreatment Screening and Intervention

Rosen, T., Shaw, A., Elman, A., Baek, D., Gottesman, E., Park, S., **Costantini, H...** Czaja, S. (2024) Primary Care Screening and Intervention for Elder Neglect in Patients with Dementia: Protocol for Tool and Strategy Development in Preparation for a Randomized Controlled Trial

Bannon SM, Fishbein NS, Lovette BC, Wang K, Waterhouse C, Rajala CE, **Costantini H**, Lichstein KH, Giacino JT, Vranceanu AM, Greenberg J. A meta-synthesis of individual, interpersonal, and systemic factors impacting resilience after traumatic brain injury. *Rehabil Psychol.* 2022 Nov;67(4):535-545.

## **POSTER PRESENTATIONS**

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Park, S., **Costantini, H.**, Shaw, A., Elman, A., Rosen, T., & Czaja, S. Updated Systematic Review to Identify Interventions to Combat Elder Neglect Targeting Caregivers. Presented at the 2nd Annual Weill Cornell Medicine Emergency Medicine Research Symposium; New York, NY

Park, S., **Costantini, H.**, Shaw, A., Elman, A., Rosen, T., & Czaja, S. Updated Systematic Review to Identify Interventions to Combat Elder Neglect Targeting Caregivers: Presented at the Gerontological Society of America Annual Scientific Meeting; Seattle, WA

Garces Torres, A.S., Park, S., **Costantini, H.**, McConnell, K., Czaja, S., & Shen, M. KNOW: Development and usability testing of a virtually delivered advance care planning intervention for people with memory challenges and their care partners. Presented at the Weill Cornell Medicine Virtual Healthcare in the MainStream: Symposium and Research Forum