

**Cindy Yu, MSc**  
cyu42@student.ubc.ca

## EDUCATION

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- Master of Arts (MA), Clinical Psychology, Thesis** 2025 – present  
University of British Columbia (UBC), Vancouver, BC, Canada  
Master's Thesis (Working Title): Turning to AI in a Crisis: How Students Use Chatbots for Suicidal Ideation and Acute Distress (Supervisor: Dr. E. David Klonsky)
- Bachelor of Arts (BA), Psychology Major** 2023 – 2025  
UBC, Vancouver, BC, Canada  
Cumulative Average: 93.9%
- Master of Science (MSc) in Epidemiology, Thesis** 2017 – 2020  
University of Ottawa, Ottawa, ON, Canada  
Master's Thesis: The effects of long-term exposure to ambient fine particulate matter (PM<sub>2.5</sub>) on the incidence of type 2 diabetes mellitus in a rural Chinese cohort (Supervisor: Dr. Yue Chen)
- Bachelor of Health Sciences (BHSc), Honours with Distinction** 2013 – 2017  
McMaster University, Hamilton, ON, Canada  
CGPA: 3.90/4.00  
Honours Thesis: The effect of epicardial adipose tissue on atrial fibrillation and its impact on ablation outcome (Supervisor: Dr. Benjamin Chow)

## SELECTED AWARDS & SCHOLARSHIPS

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- First Place 3MT Award for Responsible AI Track at Canadian AI 2026** 2026
- Second Place Poster Award for Responsible AI Track at Canadian AI 2026** 2026
- Registration Scholarship for Responsible AI Track at Canadian AI 2026** 2026
- SIPS Diversity Travel Grant (\$575 USD; ~\$787 CAD)** 2026
- Supports people from all career stages who are underrepresented in science, to attend the Society for Improvement of Psychological Science (SIPS) conference.
- 2025 Jean Pettifor and Dick Pettifor Fund Grant (\$10,000 CAD)** 2026
- Supports student research projects in professional ethics as related to the practice of psychology or general ethics in psychology.
- ABCT SSI SIG Travel Award (\$250 USD; ~\$345 CAD)** 2025
- Supports students to travel to present at the Suicide and Self Injury (SSI) Special Interest Group (SIG) Expo Night at the Association for Behavioral and Cognitive Therapies (ABCT) Conference.
- Canadian Graduate Scholarship-Master's (CGS M; \$27,000 CAD)** 2025  
Social Sciences and Humanities Research Council of Canada (SSHRC)
- Nationally competitive federal grant, awarded for demonstrating exceptional academic achievement, research potential, and leadership abilities.

<b>Faculty of Arts Graduate Award (\$3,500 CAD)</b>	2025
Faculty of Arts, UBC	
<ul style="list-style-type: none"> <li>• Merit-based funding package awarded to support graduate research and academic excellence within the Faculty of Arts.</li> </ul>	
<b>Undergraduate Student Research Awards (USRA; est. \$6,000 CAD)</b>	2025
Natural Sciences and Engineering Research Council of Canada (NSERC)	
<ul style="list-style-type: none"> <li>• Awarded to undergraduate students based on academic excellence, research potential, and the quality of mentorship, to nurture their interest in a research career and graduate school.</li> </ul>	
<b>Trek Excellence Scholarship for Continuing Students (\$1,500 CAD)</b>	2024
<ul style="list-style-type: none"> <li>• Awarded to domestic students in top 5% of their undergraduate year, faculty, and school.</li> </ul>	
<b>Undergraduate Student Research Awards (USRA; est. \$6,000 CAD)</b>	2024
Natural Sciences and Engineering Research Council of Canada (NSERC)	
<b>The Robert Spasoff Award (\$600 CAD)</b>	2020
School of Epidemiology and Public Health (SEPH, University of Ottawa)	
<ul style="list-style-type: none"> <li>• 1<sup>st</sup> place prize for oral presentation in MSc student category at SEPH Annual Student Research Day.</li> </ul>	
<b>Canada-China Scholars' Exchange Program, 2018–2019 (est. \$10,000 CAD)</b>	2019
Jointly by Global Affairs Canada and the Chinese Ministry of Education	
<ul style="list-style-type: none"> <li>• Scholarship to support Canadian students to pursue research in participating Chinese institutions.</li> </ul>	
<b>University of Ottawa Graduate Scholarship – Masters (\$30,000 CAD)</b>	2017 – 2019
University of Ottawa	
<ul style="list-style-type: none"> <li>• Scholarship for thesis-stream graduate student, given on recommendation of academic unit to student whose admission average is above 8.0/10.0 (80-100%).</li> </ul>	

## PUBLICATIONS

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\*Indicates these authors contributed equally to the work.

### **Peer-Reviewed Publications:**

Ghogomu, E. T., Welch, V., Yaqubi, M., Dewidar, O., Barbeau, V., Dowling, S., Li, Y., Sabri, H., Elmestekawy, M., Aljufri, E., Aliyar, B., Pan, Y., Al Ameer, A., Al Zubaidi, A., Bondok, M., Kojan, W., Madani, M. T., Tong, K., Irefin, A., **Yu, C.**, ... Hébert, P. (2026). Effects of Social Prescribing for Older Adults: An Evidence and Gap Map. *Campbell Systematic Reviews*, 22(2), 18911803261435893. <https://doi.org/10.1177/18911803261435893>

**Yu, C.**, Muratov, M., Mulligan, K., Welch, V., Nelson, M. L. A., Hebert, P., Biswas, S., Hsiung, S., & Card, K. G. (2025). The Importance of Trust Among Older Adults Throughout the Social Prescribing Pathway: A Mixed-Methods Analysis. *International Journal of Community Well-Being*. <https://doi.org/10.1007/s42413-025-00268-x>

**Yu, C.**, Lail, S., Allison, S., Biswas, S., Hebert, P., Hsiung, S., Mulligan, K., Nelson, M. L. A., Saragosa, M., Welch, V., & Card, K. G. (2024). Social Prescribing Needs and Priorities of Older Adults in Canada: A Qualitative Analysis. *Health Promotion and Chronic Disease Prevention in Canada: Research, Policy and Practice*, 44(9) (September 2024). <https://doi.org/10.24095/hpcdp.44.9.03>

Ghogomu, E. T., Welch, V., Yaqubi, M., Dewidar, O., Barbeau, V. I., Biswas, S., Card, K., Hsiung, S., Muhl, C., Nelson, M., Salzwedel, D. M., Saragosa, M., **Yu, C.**, Mulligan, K., & Hébert, P. (2024). PROTOCOL: Effects of social prescribing for older adults: An evidence and gap map. *Campbell Systematic Reviews*, 20(2), e1382. <https://doi.org/10.1002/cl2.1382>

**Yu, C.\*** & Matz, C.\* (2022). Lung cancer and ambient PM<sub>2.5</sub> in Canada: a systematic review and meta-analysis (Cat. No. H144-98/2022E-PDF). *Health Canada*. Available from: [publications.gc.ca/pub?id=9.907038&sl=0](https://publications.gc.ca/pub?id=9.907038&sl=0)

**Yu, C.\***, Matz, C.\*, & Seenundun, S.\* (2022). Traffic-related air pollution: an umbrella review-based human health risk assessment on selected cancer types (Cat. No. H144-97/2022E-PDF). *Health Canada*. Available from: [publications.gc.ca/pub?id=9.907034&sl=0](https://publications.gc.ca/pub?id=9.907034&sl=0)

### **Non-Peer Reviewed Publications:**

**Yu, C.**, Lail, S., Frost, A., & Card, K.G. (2024). Evidence Brief – Do pets help with loneliness? *Canadian Alliance for Social Connection and Health*. Available from: [https://casch.org/s/CSCG\\_Evidence-Brief\\_Pets.pdf](https://casch.org/s/CSCG_Evidence-Brief_Pets.pdf)

**Yu, C.**, Muratov, M., & Card, K. G. (2023). Social Prescribing Needs of Older Adults in Canada: Baseline Quantitative Report. *Canadian Alliance for Social Connection and Health*. Available from: <https://casch.org/s/CISP-Baseline-Report.pdf>

**Yu, C.\***, Seenundun, S.\*, Matz, C.J.\*, & Stieb, D.M.\* (2022). Comment on: Han K, Ran Z, Wang X, Wu Q, Zhan N, Yi Z, Jin T. Traffic-related organic and inorganic air pollution and risk of development of childhood asthma: A meta-analysis. *Environ Res.* 2021;194:110493. doi: 10.1016/j.envres.2020.110493. *Environmental Research*, 214(Pt 3), 113922. <https://doi.org/10.1016/j.envres.2022.113922>

**Yu, C.** (2020). Effect of Long-Term Exposure to Ambient Fine Particulate Matter (PM<sub>2.5</sub>) on the Incidence of Type 2 Diabetes Mellitus (T2DM): A Cohort Study in Rural China [Master's thesis, University of Ottawa]. *uO Research*. Available from: <http://dx.doi.org/10.20381/ruor-25416>

## **PRESENTATIONS**

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\*Indicates these authors contributed equally to the work.

### **Oral Conference Presentations:**

**Yu, C.**, Dosso, J., & Klonsky E.D. (2026, May 26). *Turning to AI in a Crisis: A Mixed-Methods Study Proposal on Chatbot Use for Support during Distress and Suicidal Ideation* [Oral presentation]. 39<sup>th</sup> Canadian Conference on Artificial Intelligence's Responsible AI Track, Vancouver, BC, Canada. \*\*\* **First Place 3MT Award\*\*\***

**Yu, C.** (2025, April 4, 7). *Meaning in Suffering: Analysis of Dostoevsky's Crime and Punishment* [Oral presentation]. UBC Slavic Studies' Timeless Literary Legacies Conference: Experiencing Eastern Europe, Vancouver, BC, Canada.

**Yu, C.** (2024, June 21-23). *The Role of Autonomy and Threats to Autonomy in Perceiving Benefits and Effectiveness of Social Prescribing for Older Adults* [Oral presentation]. Canadian Psychological Association's (CPA) 85<sup>th</sup> Annual National Convention, Ottawa, ON, Canada.

Yu, C. (2024, April 23-25). *A Tension of Trust for Older Adults with Their Healthcare Providers: Implications for Social Prescribing and other Health Programming* [Oral presentation]. Health Quality BC (HQBC) Quality Forum 2024, Vancouver, BC, Canada.

Yu, C. (2023, November 21-22). *Social Prescribing for Older Adults in Canada: Their Needs, Priorities, and Digital Considerations* [Oral presentation]. 2023 Public Health Association of British Columbia (PHABC) Conference on Public Health and Equity in the Digital Age, Vancouver, BC, Canada.

Yu, C. (2023, October 17-18). *Social Prescribing: What are Older Adults' Attitudes and Beliefs?* [Oral presentation]. Canadian Human Connection Conference, Toronto, ON, Canada.

Yu, C., & Matz, C. (2022, February 14-18). *Lung Cancer and Ambient PM<sub>2.5</sub> in Canada: A Systematic Review and Meta-Analysis* [Oral presentation]. Health Canada Science Forum, Ottawa, ON, Canada.

Yu, C., Liu C., Kan H., Chen Y., & Fu, C. (2020, February 5). *The effects of long-term exposure to ambient fine particulate matter (PM<sub>2.5</sub>) on the incidence of type 2 diabetes mellitus in a rural Chinese cohort* [Oral presentation], Annual School of Epidemiology and Public Health (SEPH) Research Day, University of Ottawa, Ottawa, ON, Canada. \*\*\***Winner of The Robert Spasoff Award**\*\*\*

#### **Poster Conference Presentations:**

Yu, C. & Rights, J. (2026, June 22-24). *Multilevel Modeling Reporting Practices of Intensive Longitudinal Data in Clinical Psychology: A Methodological Review and Tutorial* [Conference poster accepted but could not attend]. 2026 Modern Modeling Methods (M3) Conference, New York City, NY, USA.

Yu, C. & Rights, J. (2026, June 8-10). *Multilevel Modeling Reporting Practices of Intensive Longitudinal Data in Clinical Psychology: A Methodological Review and Tutorial* [Conference poster]. 2026 Meeting of the Society for the Improvement of Psychological Science (SIPS), Arlington, Virginia, USA. \*\*\***Winner of the Diversity Travel Grant**\*\*\*

Tarik, L., Hong, S., Yu, C., Arguelles, F., Chi, X., & LeMoult, J. (2026, May 28-30). *Does Self-Compassion Buffer the Effect of Acculturative Stress on Depressive symptoms Across Cultural Groups?* [Conference poster]. Association for Psychological Science (APS) Annual Convention, Barcelona, Spain.

Yu, C., Dosso, J., & Klonsky E.D. (2026, May 27). *Turning to AI in a Crisis: A Mixed-Methods Study Proposal on Chatbot Use for Support during Distress and Suicidal Ideation* [Conference poster]. 39<sup>th</sup> Canadian Conference on Artificial Intelligence's Responsible AI Track, Vancouver, BC, Canada. \*\*\***Second Place Poster Award**\*\*\*

Yu, C., Dosso, J., & Klonsky E.D. (2026, May 1-2). *Turning to AI in a Crisis: A Study Protocol on How Students Use Chatbots for Suicidal Ideation and Acute Distress* [Conference poster]. 16<sup>th</sup> Annual Canadian Association of Cognitive and Behavioural Therapies (CACBT) Conference, Vancouver, BC, Canada.

Yu, C., Shahnaz, A., Pachkowski, M., & Klonsky E.D. (2026, April 15-17). *Interoceptive Awareness and Suicide Cognitions: Testing Emotion Dysregulation Mediation and PTSD Moderation* [Conference poster]. Suicide Research Symposium (SRS), Online.

**Yu, C.**, Shahnaz, A., Klonsky E.D. (2025, November 20-23). *Which Emotion Dynamics Predict Concurrent Suicide Ideation? An Ecological Momentary Assessment of High-Risk Young Adults* [Conference poster]. Association for Behavioral and Cognitive Therapies (ABCT) Special Interest Group (SIG) in Suicide and Self Injury (SSI) Exposition, New Orleans, LA, USA. \*\*\***Winner of SSI SIG Travel Award**\*\*\*

Hong, S., Arguelles, F., **Yu, C.**, & LeMoult, J. (2025, September 25-28). *The Moderating Role of Parenting in the Link between Acculturative Stress and Anxiety: A Study among Chinese Heritage University Students in Canada* [Conference poster]. Society for Research in Psychopathology (SRP) Annual Meeting, Los Angeles, CA, USA. \*\*\***Winner of EDI Poster Award**\*\*\*

**Yu, C.**, Arguelles, F., Chi, X., & LeMoult, J. (2024, October 17-20). *Comparing the Relation between Self-Conscious Moral Emotions (Shame and Guilt), and Depressive Symptoms in Chinese, Chinese Canadian, and Caucasian Canadian Students: A Longitudinal Cross-Cultural Study* [Conference poster]. Society for Research in Psychopathology (SRP) 2024 Annual Meeting, Montreal, QC, Canada.

Arguelles, F., **Yu, C.**, & LeMoult, J. (2024, October 17-20). *The Impacts of Cultural Stress on Depression Symptomology: A Longitudinal Comparison of Domestic and International Chinese Students* [Conference poster]. Society for Research in Psychopathology (SRP) 2024 Annual Meeting, Montreal, QC, Canada.

**Yu, C.\***, Arguelles, F.\*, Chi, X., & LeMoult, J. (2024, April 5-6). *Differences in Depression, Anxiety and Contributing Psychological Factors among Young Adults from Chinese, Chinese Canadian, and Canadian Backgrounds: A Study Proposal* [Conference poster]. 26<sup>th</sup> Annual Psychology Undergraduate Research Conference (PURC), Vancouver, BC, Canada.

Arguelles, F.\*, & **Yu, C.\***, & LeMoult, J. (2024, April 5-6). *Cultural Stress and Depression: A Comparative Study Among Chinese Domestic and International Students* [Conference poster]. 26<sup>th</sup> Annual Psychology Undergraduate Research Conference (PURC), Vancouver, BC, Canada.

**Yu, C.**, & Matz, C. (2022, February 14-18). *Lung Cancer and Ambient PM<sub>2.5</sub> in Canada: A Systematic Review and Meta-Analysis* [Conference poster]. Health Canada Science Forum, Ottawa, ON, Canada

Shimbori, C., **Yu, C.**, Parthasarathy, P., Bellaye, P.S., Sato, S., Upagupta, C., Ask, K., Gauldie, J., Bowdish, D. & Kolb, M. (2017). *Silica-Induced Pulmonary Fibrosis Occurs with the Activation of Macrophage Polarization Through MARCO and in a TGF- $\beta$ 1-Independent Manner*. In: *Regulatory Mechanisms of the Molecular Pathways in Fibrosis* (p. A2469–A2469). American Thoracic Society.

#### **Invited Talks:**

**Yu, C.\***, Wadman, A.\*, & Card, K. G. (2024, March 27). *Social Prescribing for Older Adults: Priority Population Research Findings* [Invited webinar]. Social Prescribing Research Seminar Series, Canadian Institute for Social Prescribing (CISP), ON, Canada. (60+ attendees)

**Yu, C.\***, & Card, K. G.\* (2023, June 20). *Social Prescribing and Why It's Needed* [Invited webinar]. Seniors Care Health Learning Series, Island Health, BC, Canada. (50+ attendees)

## RESEARCH EXPERIENCE

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### **Graduate Student** 2025 – present

Personality, Emotion, and Behaviour Lab (PEBL), UBC

PI: Dr. E. David Klonsky, PhD

- Conceptualizing, developing, and leading an exploratory mixed-methods study on how young adults use AI chatbots for emotional distress and suicidal ideation.
- Conducted a psychometric validation study of the Multidimensional Emotion Questionnaire using confirmatory factor analysis (CFA) to evaluate structural validity.
- Analyzed an ecological momentary assessment (EMA) study to examine real-time co-occurrence of discrete emotions and emotion dynamic indices with suicidal ideation.

### **Research Assistant (NSERC USRA-funded)** 2025

Rights Lab, UBC

PI: Dr. Jason Rights, PhD

- Conducted a methodological review on reporting practices in multilevel modeling of intensive longitudinal data in clinical psychology.

### **Research Assistant (NSERC USRA-funded)** 2024 – 2025

Structural Equation Modelling (SEM) Lab, UBC

PI: Dr. Victoria Savalei, PhD

- Compared latent interaction approaches in structural equation modeling (SEM), running simulations and applying distribution analytic approaches using R (lavaan, simsem).

### **Study Coordinator and Senior Research Assistant** 2023 – 2025

Depression, Anxiety, and Stress (DAS) Lab, UBC

PI: Dr. Joelle LeMoult, PhD, R. Psych

- Managed full life-cycle of longitudinal studies, including ethics approvals, Qualtrics/ExpiWell programming, Ecological Momentary Assessment (EMA) data collection, and data cleaning/analysis in R.

### **Social Epidemiologist & Research Coordinator** 2022 – 2024

Healthy Ecologies and Lifestyles Lab, Simon Fraser University

PI: Dr. Kiffer Card, PhD

- Led mixed-methods research on social prescribing needs for older adults, conducting statistical analyses in R, thematic analysis in NVivo, and facilitating focus groups.

### **Scientific Evaluator** 2019 – 2022

Healthy Environments and Consumer Safety Branch, Health Canada

- Developed and executed literature search and screening, assessed risk of bias, performed pooled, sensitivity, and subgroup analyses in R to collaboratively design epidemiology-based risk assessments.

### **Master's Thesis Student** 2017 – 2020

University of Ottawa

PI: Dr. Yue Chen, PhD, MD

- Implemented Cox proportional hazards regression and complex exposure modeling (e.g., constituent-residual models) using SAS to examine the effects of air pollution on health outcomes.

## CLINICAL EXPERIENCE

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### **Volunteer Hand in Hand Mentor** 2024 – 2025

The Looking Glass Foundation for Eating Disorders

- Delivered support and a listening ear in a one-on-one, long-term relationship with individuals with eating disorders.

### **Volunteer Crisis Services Responder** 2022 – 2023

The Crisis Intervention and Suicide Prevention Centre of British Columbia

- Delivered emotional support and crisis intervention through phone calls and online chats, navigating a wide range of crises and distress.

### **Focus Group Facilitator** 2022 – 2023

Healthy Ecologies and Lifestyles Lab, Simon Fraser University

- Facilitated focus groups with socially marginalized and structurally disadvantaged older adults with intersectional lived experience, including low income, those living alone, disability status, ethnicity, sexual orientation.

### **Volunteer Peer Supporter** 2022 – 2023

Alma Mater Society Peer Support, UBC

- Delivered confidential, one-on-one peer support to the UBC student population, addressing a range of emotional, psychological, stressful challenges, with training for student-specific issues, such as academic stress, burnout, and loneliness.

## VOLUNTEER & LEADERSHIP EXPERIENCE

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### **Teaching Assistant (TA)** 2026

Introductory Psychology, UBC

### **EDI Working Group Member** 2025 – present

Equity, Diversity, and Inclusion (EDI) Hiring Committee Member, UBC

- Evaluate departmental hiring policies to support equitable recruitment practices.
- Assess evolving perspectives and narratives on the use of EDI statements across North America.

### **EDI Student Mentor** 2025 – present

Diversity Mentorship Program, UBC

- Provide targeted mentorship, academic guidance, and professional development support to students from under-resourced and marginalized backgrounds.

### **Volunteer Dog Walker** 2022 – present

ElderDog Canada

- Provide weekly dog walking support, specifically offering services to vulnerable populations with physical or cognitive limitations and disabilities.

### **Executive & Regional Committee Member** 2022 – 2023

Young Professionals Network, Health Canada and Public Health Agency of Canada

- Managed large-scale professional development initiatives, serving as the primary point of contact for senior branch leadership.