Anoushka D. Shahane

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EDUCATION

2017- **Rice University,** Houston, TX
Dual-Degree Ph.D. *(in progress)* Cognitive & Affective Neuroscience | Behavioral Medicine
Advisor: Dr. Bryan Denny
GPA: 4.00
GRE: V: 162/170 Q: 161/170 AW: 5.5/6 | **GRE Subject:** 760/800 (93%)

2017-19 **Rice University,** Houston, TX
M.A. Cognitive & Affective Neuroscience
Advisor: Dr. Bryan Denny

2012–15 **Tufts University,** Medford, MA
B.Sc. Neuroscience, *cum laude*
Advisor: Dr. Heather Urry
Honors Thesis: Proactive cognitive control limits anxious cardiac arousal under stress
GPA: 3.75 | **Major GPA:** 3.85

FELLOWSHIPS

2019-22 **Ruth L. Kirschstein NIH National Research Service Award Pre-Doctoral Fellowship (F31)**
National Institute of Health
National Heart, Lung, and Blood Institute
CDFA: Cardiovascular Diseases Research

2020-21 **Lodieska Stockbridge Vaughn Fellowship**
Rice University (Graduate & Postdoctoral Studies)
Awarded to a limited number of Rice graduate students who have demonstrated outstanding achievement and promise

HONORS AND AWARDS

2020 **The Social & Affective Neuroscience Society (SANS) Conference Poster Award**
Awarded to posters with top ratings by SANS Program Committee at the annual SANS conference; $200 prize

2020 **Rice University Dissertation Research Improvement Grant Award Winner**
Awarded to an outstanding grant proposal based on innovation and significance; $5,000

2019 **UTHealth Neuroscience Research Symposium 1st Place Poster Award**
Awarded to the best poster presentation at the UTHealth Neuroscience Research Center Annual Conference; $1,000 prize

2019 **2019 SPSP Convention Diversity Graduate Travel Award Winner**
Awarded based on excellence of scholarly record; $500

2019 **2019 SPSP Poster Award Finalist**
Finalist in poster competition evaluated on significance and presentation of research at 2019 SPSP Convention

2018 **Junior Scientist Fellowship National Award Winner (APAGS/Psi Chi)**
Awarded to outstanding research-oriented students in the United States; $1,000

2018 **Rice University Pre-Dissertation Grant Award Winner**
Awarded to an outstanding grant proposal based on innovation and significance; $2,000

2015 **The Thomas Harrison & Emily Leonard Carmichael Prize Scholarship**
Awarded to the academically able student who has demonstrated ability in physiological psychology or general physiology

2015 **Tufts University Cum Laude Society**
Awarded to students with at least five A's in concentration requirements and a GPA above 3.5

2015 **High Thesis Honors in Senior Honors Thesis**
Awarded high thesis honors distinction for senior honors thesis in neuroscience

2015 **Wendell Phillips Memorial Scholarship Nominee**
Nominated to speak at Baccalaureate ceremony for demonstrating marked speaking ability and high sense of public responsibility

2014 **Psi Chi International Honors Society Scholar**
Inducted based on achievement in the field of psychology: psychology GPA of at least 3.50; overall GPA in top 35% of class

2012–15 **Dean's List at Tufts University**
Awarded for having a GPA above 3.5

2011 **The Antara Biswas Academic Excellence Award and Class Valedictorian**
Awarded to the student who excelled in every subject in the International Baccalaureate Diploma Programme

2010 **The Academic Achievement Award**
Awarded to the student with the highest International Baccalaureate Score and GPA

2008 **The American Fine Arts Festival Finalist**
Finalist in the American Fine Arts Festival for piano performance (New York, NY)

PUBLICATIONS

Shahane, A. D., LeRoy, A.S., Denny, B. T., Fagundes, C.P. (2020). Connecting cognition, cardiology, and chromosomes: Cognitive reappraisal impacts the relationship between heart rate variability and telomere length in CD8+CD28– cells. *Psychoneuroendocrinology, 112, 104517.*

Brown, R. L., **Shahane, A. D.**, Chen, M. A., Fagundes, C.P. (2020). Cognitive reappraisal and nasal cytokine production following experimental rhinovirus infection. *Brain, Behavior, & Immunity – Health*, *1, 100012.*

Shahane, A. D. & Denny, B. T. (forthcoming). Emotion regulation and writing. In G. Lenor Schiewer, J. Altarriba, B. Chin Ng (Eds.), *The Handbook on Language and Emotion*. Berlin: De Gruyter Mouton.

Shahane, A. D. & Denny, B. T. (2019). Predicting emotional health indicators from linguistic evidence of psychological distancing. *Stress & Health.* https://doi-org.ezproxy.rice.edu/10.1002/smi.2855

Shahane, A. D., Lopez, R. B., Denny, B. T. (2019). Implicit reappraisal as an emotional buffer: Reappraisal-related neural activity moderates the relationship between inattention and perceived stress during exposure to negative stimuli. *Cognitive, Affective, & Behavioral Neuroscience*, 19(2), 355-365. https://doi-org/10.3758/s13415-018-00676-x

Shahane, A. D., Fagundes, C. P., Denny, B. T. (2018). Mending the heart and mind during times of loss: a review of interventions to improve emotional well-being during spousal bereavement. *Bereavement Care*, *37*(2), 44–54. https://doi.org/10.1080/02682621.2018.1493640

Fagundes, C. P., Brown, R. L., Chen, M. A., Murdock, K. W., Saucedo, L., LeRoy, A. S., Wu, L., Garcini, L. M., **Shahane, A. D.**, Baameur, F., Heijnen, C. (2019). Grief, depressive symptoms, and inflammation in the spousally bereaved. *Psychoneuroendocrinology*, 100, 190-197.

Birk, J. L., Rogers, A. H., **Shahane, A. D.**, Urry, H. L. (2018). The heart of control: proactive cognitive control limits anxious cardiac arousal under stress. *Motivation and Emotion.* https://doi-org/*10.1007/s11031-017-9659-x*

Jones, J., Diehnelt, E., **Shahane, A.**, Puri, E., Shah, D., Estuar, R…Jafaar, J. (2013). Definitions of Peace and Reconciliation in South and Southeast Asia. In K. Malley-Morrison, A. Mercurio, G. Twose (Eds.), *The International Handbook of Peace and Reconciliation* (pp. 107–17). New York, NY: Springer.

Murata, A., Murata, M., **Shahane, A.**, Jones-Rooy, A., Mi-Sung Kim, H. (2013). Definitions of Peace and Reconciliation in South and Southeast Asia. In K. Malley-Morrison, A. Mercurio, G. Twose (Eds.), *The International Handbook of Peace and Reconciliation* (pp. 117–31). New York, NY: Springer.

POSTER PRESENTATIONS

Shahane, A. D. & Denny, B. T. (2020). Connecting cognition, cardiology, and chromosomes: Cognitive reappraisal impacts the relationship between heart rate variability and telomere length in CD8+CD28− cells. *Social & Affective Neuroscience Society Conference, Santa Barbara, CA, May 3, 2020.**Poster Award Winner*

Shahane, A. D. & Denny, B. T. (2019). Training-induced changes in a whole-brain signature of cognitive reappraisal are related to reductions in grief and depressive symptoms in bereaved spouses. *UTHealth Neuroscience Conference, Houston, TX, December 7, 2019.**Poster Award Winner*

Shahane, A. D., Lopez, R. B., Denny, B. T. (2019). Training-induced changes in a whole-brain signature of cognitive reappraisal are related to reductions in grief and depressive symptoms in bereaved spouses. *Social & Affective Neuroscience Society Conference, Miami, FL, May 2, 2019*.

Shahane, A. D., Lopez, R. B., Denny, B. T. (2019). Unconscious emotion regulation is protective? Emotion regulation-related brain activity moderates the link between inattention and perceived stress during exposure to negative stimuli. *SPSP, Portland, OR, February 7, 2019. **Poster Award Finalist*

Shahane, A. D., Lopez, R. B., Denny, B. T. (2018). Implicit reappraisal as an emotional buffer: Reappraisal-related neural activity moderates the relationship between inattention and perceived stress during exposure to negative stimuli. *UTHealth Neuroscience Conference, Houston, TX, December 1, 2018*.

Shahane, A. D., Lopez, R. B., Denny, B. T. (2018). Spontaneous recruitment of cognitive control brain regions serves as a buffer between risk for depression and a neural signature of negative emotion. *Social & Affective Neuroscience Society Conference, Brooklyn, NY, May 3, 2018*.

Lopez, R. B., **Shahane, A. D.**, Denny, B. T. (2018). Emotional support serves as a buffer against rejection sensitivity in negative emotional situations, particularly among those with robust neural signatures of negative appraisal. *Social and Affective Neuroscience Society Conference, Brooklyn, NY, May 3, 2018*.

Shahane, A. D., Chandrasekaran, V., Knight-Connoni, V., Barry, K., Schuster, B. (2014). Prioritization of Natural Product Producing Strains Based on Secondary Metabolite Biosynthetic Potential. *Cubist Pharmaceuticals Research Symposium, Lexington, MA, August 14, 2014*.

Shahane, A. D. & Urry, H. L. (2015). The Effect of a Cognitive Control Manipulation on Anxiety: A Longitudinal Study. *Tufts University Annual Cognitive and Brain Sciences Symposium*. Medford, MA, April 28, 2015.

PROFESSIONAL TALKS

Shahane, A. D. (2020). From cognition to cardiovascular disease: Investigating the relationship between cognitive reappraisal and C-reactive protein. Invited flash talk at *Rice University Annual Department Research Symposium*. Houston, TX, April 20, 2020.

Shahane, A. D. (2020). A future career in the psychological and brain sciences. Invited lightening talk to represent all graduate students at the *Rice University Department (School of Social Sciences) 40th Anniversary Commemoration*. Houston, TX, April 18, 2020.

Shahane, A. D. (2019). Lexical, chromosomal, and neurobiological mechanisms of cognitive reappraisal and how they relate to health indicators. *Rice University Health Tea*. Houston, TX, March 27, 2019.

Shahane, A. D. (2018). Linguistic evidence of distancing is related to positive health indicators: A computational approach leveraging supervised machine learning. *Rice University Health Tea*. Houston, TX, October 3, 2018.

Shahane, A. D. (2017). How structural properties and related functional connectivity of putative emotion regulation networks predict health relevant behavior. *Rice University Health Tea*. Houston, TX, October 25, 2017.

Shahane, A. D., Urry, H. L. (2015). The Effect of a Cognitive Control Manipulation on Anxiety: A Longitudinal Study. *Tufts University Undergraduate Research Scholarship Symposium* (URSS). Medford, MA, April 28, 2015.

LEADERSHIP & MENTORING

June 2019–Present | Rice University | NIH F31 National Research Service Award Coach
Closely mentor graduate students at Rice in all disciplines (e.g., Bioengineering, Neuroengineering, Cognitive Science) in their NIH F31 NRSA applications. Mentoring responsibilities involve 1-on-1 meetings to discuss their application and goals as well as thorough revisions of all application documents.

June 2018–Present |Clinical Health Services Council| Diversity Task Force Representative
Serve as the Diversity Task Force Representative with the Clinical Health Services Council in the SfHP Div. 38 to promote inclusion of diversity-relevant issues and provide representation on the intersection of diversity and health.

August 2012–Present | Tufts University & Rice University | STEM and Psi Chi Mentor
Closely mentored and mentoring several high schoolers at KIPP Sunnyside High School (located in an underprivileged part of Houston, TX), as well as junior undergraduate Psi Chi scholars at Rice and Tufts. Mentoring responsibilities range from teaching topics in neuroscience to helping with college and graduate school applications. Twenty out of 23 mentees I've closely mentored are planning to pursue or are pursuing STEM degrees.

PROFESSIONAL EXPERIENCE

July 2015–July 2017
Putnam Associates
Associate Consultant
Managed teams in sophisticated quantitative and qualitative analysis for Parkinson's & Follicular Lymphoma biopharmaceuticals at #1 boutique consulting firm in North America (Vault 2019)

May 2014–August 2014
Cubist Pharmaceuticals
Bioinformatics and Computational Chemistry Intern
Developed algorithm in Python to parse genomic sequences, identify secondary metabolites, and rank strains with higher biosynthetic potential for producing novel natural compounds; gained wet lab skills working on natural product high throughput fermentation and screening validation project in which we tested several strains in four types of media

June 2012–December 2012
Cangrade, Inc.
Intern at Harvard Business School Innovation Lab: Cangrade, Inc.
Worked with CSO to implement neuro-analytical algorithms to efficiently evaluate prospective employees

RESEARCH EXPERIENCE

August 2017–Present
Translational Social Cognitive Affective Neuroscience Lab
Ph.D. Student
Focusing on computational neuroscience: developing machine learning algorithms to identify patterns of brain activity and cardiovascular-disease risk

September 2012–May 2017
Tufts University
Honors Thesis Scholar, Research Assistant under Dr. Heather Urry
Designed and executed study on anxiolytic effect of proactive cognitive control in individuals with high-trait anxiety

May 2013–September 2013
Harvard University
Research Assistant under Dr. Jason Mitchell
Gained proficiency with functional magnetic resonance imaging and machine learning in Python

June 2012–December 2012
Harvard University
Research Assistant under Dr. Mahzarin Banaji
Programmed implicit association test in HTML used as an intervention to reduce implicit race bias in the Mind, Brain, and Behavior Program at Harvard

August 2011–July 2012
Boston University
Co-Author, Statistician Undergrad Research Opportunity Program
Led statistical analyses and co-authored two chapters of book (as a freshman in college)

PROFESSIONAL MEMBERSHIPS

Social and Affective Neuroscience Society
Psi Chi International Honors Society
Society for Social Neuroscience

SKILLS

R	AcqKnowledge	FSL	antiSMASH+
Matlab	Inquisit Millisecond	NeuroElf	BLAST+
SPSS	E-Prime	SPM	NCBI Tools
Python	ANSLab	Cytoscape	Jamovi
C++	BioPac	MS Office	JASP

LANGUAGES

Fluent in English, Hindi, and Marathi
Conversant in Spanish and Italian

INTERESTS

BrainSTEM
Ballet
Indian classical dance
American Fine Arts Festival (Carnegie Hall, NYC) finalist for piano
Vocal musician
NFL-enthusiast

REFERENCES

CONTACT

Dr. Bryan T. Denny at Rice University Bryan.Denny@rice.edu
Dr. Christopher P. Fagundes at Rice University Christopher.Fagundes@rice.edu

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