

# Maira Karan, Ph.D.

Curriculum Vitae

Email: mkaran@stanford.edu

## Education

---

**Stanford University** 3801 Miranda Ave, Palo Alto, CA  
Postdoctoral Fellow June 2023 - Present  
Department of Psychiatry & Behavioral Sciences  
Zeitler Circadian Research Lab, PI: Dr. Jamie Zeitler

**University of California, Los Angeles (UCLA)** 502 Portola Plaza, Los Angeles, CA  
Ph.D. in Psychology Sept. 2017 - June 2023  
Major: Developmental Psychology | Minor: Quantitative Psychology  
Dissertation: Empathy Development and Associated Neural Processing in Adolescence  
Committee: Drs. Andrew Fuligni (chair), Naomi Eisenberger, Adriana Galván, Jennifer Silvers, Lucina Uddin

**University of California, Los Angeles (UCLA)** 502 Portola Plaza, Los Angeles, CA  
M.A. in Psychology Sept. 2017 - Dec. 2018

**Bryn Mawr College** 101 N. Merion Ave, Bryn Mawr, PA  
A.B. (Bachelor of Arts), magna cum laude Aug. 2013 - May 2017  
Major: Psychology, Departmental Honors | Minor: Political Science

## Fellowships, Awards, Honors & Funding

---

Dena Chertoff Graduate Student Service Award, UCLA	2023
Semel Healthy Campus Initiative Grant Award for DEI Initiative, UCLA	2023
Pritzker Graduate Scholar Award, UCLA	2022-2023
Norma & Seymour Feshbach Doctoral Dissertation Award, UCLA	2021
Graduate Student Researcher Fellowship, UCLA	2020-2021
Graduate Summer Research Mentorship Fellowship, UCLA	2020
Seed Grant Award, UC Consortium on the Developmental Science of Adolescence	2019
Graduate Student Researcher Fellowship, UCLA	2019-2020
Travel Award, ABCD Workshop on Brain Development & Mental Health	2019
Summer School in Social Neuroscience & Neuroeconomics, Duke University	2019
Honorable Mention, National Science Foundation Graduate Research Fellowship	2019
Graduate Student Travel Award, Society for Research on Child Development	2019
T32 Fellowship, National Institutes of Health (NICHD), UCLA	2018-2020
Graduate Summer Research Mentorship Fellowship, UCLA	2018
University Graduate Fellowship	2017-2018
Magna Cum Laude, Bryn Mawr College	2017
Departmental Honors Thesis, Department of Psychology, Bryn Mawr College	2017
Undergraduate Scholar Award, Society for Research in Child Development	2016

## Publications (\*equal author contribution)

---

1. Rahal, D., Tashjian, S. **M.**, **Karan**, N., Eisenberger, N., Galván, A., Fuligni, A. J., ... & Cole, S. W. (2023). Positive and Negative Emotion are Associated with Generalized Transcriptional Activation in Immune Cells. *Psychoneuroendocrinology*, 106103.
2. **\*Karan, M.**, \*Lazar, L., Leschak, C. J., Galván, A., Eisenberger, N. I., Uy, J. P., ... & Fuligni, A. J. (2022). Giving to others and neural processing during adolescence. *Developmental Cognitive Neuroscience*, 56, 101128. doi: 10.1016/j.dcn.2022.101128
3. Rahal, D., Tashjian, S. M., **Karan, M.**, Eisenberger, N., Galván, A., Fuligni, A. J., ... & Cole, S. W. (2021). Resting parasympathetic nervous system activity is associated with greater antiviral gene expression. *Brain, Behavior, and Immunity*, 98, 310-316. doi: 10.1016/j.bbi.2021.08.229
4. **\*Karan, M.**, \*Rahal, D., Almeida, D. M., Bower, J. E., Irwin, M. R., McCreath, H., ... & Fuligni, A. J. (2021). School commute time, chronotype, and altered HPA axis functioning during adolescence. *Psychoneuroendocrinology*, 133, 105371. doi: 10.1016/j.psyneuen.2021.105371
5. **Karan, M.**, Bai, S., Almeida, D. M., Irwin, M. R., McCreath, H., Fuligni, A.J. (2021). Sleep–Wake Timings in Adolescence: Chronotype Development and Associations with Adjustment. *Journal of Youth and Adolescence*, 1-13 doi: 10.1007/s10964-021-01407-1
6. Tashjian, S. M., Rahal, D., **Karan, M.**, Eisenberger, N., Galván, A., Cole, S. W., & Fuligni, A. J. (2020). Evidence from a Randomized Controlled Trial that Altruism Moderates the Effect of Prosocial Acts on Adolescent Well-being. *Journal of Youth and Adolescence*, 1-15. doi: 10.1007/s10964-020-01362-3
7. Bai, S., **Karan, M.**, Gonzales, N., & Fuligni, A. (2020). A daily diary study of sleep chronotype among Mexican-origin adolescents and parents: Implications for adolescent behavioral health. *Development and Psychopathology*, 1-10. doi: 10.1017/S0954579419001780
8. **Karan, M.**, Park, H. (2020). The role of culture in sleep: Sleep quality and cultural orientation in East Asian college students. *Journal of American College Health*. doi: 10.1080/07448481.2020.176336s

## Professional Poster Presentations (\*equal author contribution; †student mentees)

---

1. **Karan, M.**, Lazar, L., Leschak, C.J., Eisenberger, N.I., Galván, A., Fuligni, A.J. (2022, September). Empathy Development during Adolescence: State versus Trait Differences. Poster presented at Flux Congress 2022, Paris, France.
2. Lazar, L.\*, **Karan, M.\***, Leschak, C.J., Dieffenbach, M.C., Eisenberger, N.I., Galván, A., Telzer, E.H., Uy, J.P., Fuligni, A.J. (2020, September). The Neurodevelopment of Prosocial Behavior in Adolescence. Poster presented at Social Affective Neuroscience Society 2021, online.
3. **Karan, M.\***, Rahal, D.,\* Fuligni, A.J. (2020, September). School Commute Time, Chronotype, and HPA Axis Functioning during Adolescence. Poster presented at Society for Research on Child Development Biennial 2021 Meeting, online.
4. †Sarmiento, D., **Karan, M.**, & Fuligni, A.J. (2020, September). The Relationship Between Positivity, Stress, Inflammation and Socioeconomic Status in Adolescence. Society for Research in Child Development (SRCD) 2021 Biennial Meeting.
5. **Karan, M.\***, Lazar, L.\*, Leschak, C.J., Dieffenbach, M.C., Eisenberger, N.I., Galván, A., Telzer, E.H., Uy, J.P., Fuligni, A.J. (2020, September). The Neurodevelopment of

Prosocial Behavior in Adolescence. Poster presented at Flux Virtual Conference 2020, online.

6. †Dahiya, P., **Karan, M.**, Rahal, D., Fuligni, A.J. (2019, June). Family Obligations and Psychosocial Outcomes in Ethnically Diverse Adolescents. Poster presented at the Semel Undergraduate Research Conference at the Semel Institute for Neuroscience and Human Behavior; Psychology Undergraduate Research Conference (PURC) at UCLA; Undergraduate Research Symposium at UCLA, Los Angeles, CA.
7. **Karan, M.**, Bai, S., Fuligni, A.J. (2019, March). Chronotype during the transition from adolescence to young adulthood. Poster presented at the Society for Research on Child Development 2019 Biennial Meeting, Baltimore, MD.
8. **Karan, M.**, Park, H. (2019, March). Cultural orientation and sleep quality among East Asian college students in the United States. Poster presented at the Society for Research on Child Development 2019 Biennial Meeting, Baltimore, MD.
9. Bai, S., **Karan, M.**, Gonzales, N., Fuligni, A. J. (2018, April). Sleep chronotype and externalizing symptoms in Mexican high school youth. Poster presented at the Society for Research on Adolescence Biennial Meeting, Minneapolis, MN.

### **Invited Talks, Panels & Presentations**

Graduate Admissions Virtual Open-House, Dept. of Psychology, UCLA	2020-2022
Success in the Life Sciences Workshop, Life Sciences Division, UCLA	2022
Summer Adolescence Research Bootcamp, Consortium on the Developmental Science of Adolescence, UCLA	2022
Mentorship Relationship Workshop, Dept. of Psychology, UCLA	2022
Brain Awareness Week, UCLA Brain Research Institute, UCLA	2022
Success in the Life Sciences Workshop, Life Sciences Division, UCLA	2021
Mentorship Relationship Workshop, Dept. of Psychology, UCLA	2021
How to Frame URM Identity in Diversity Statements, UGSP, UCLA	2021
A Day in the Life of a Graduate Student, URJP, UCLA	2021
T32 Brain and Behavioral Development during Adolescence Symposium, UCLA	2020
Developmental Area Colloquium, UCLA	2020
CV/Resume and Letter of Recommendation Undergraduate Workshop, URJP, UCLA	2019
Summer Adolescence Research Bootcamp, Consortium on the Developmental Science of Adolescence	2018
Developmental Area Colloquium, UCLA	2018

### **Research Experience**

<b>UCLA College Chronotype Study</b>	2019-Present
Principle Investigator, UC Consortium on the Developmental Science of Adolescence Seed Grant Award Recipient, UCLA	
<u>Supervisors:</u> Drs. Andrew Fuligni, Adriana Galván, Amanda Guyer	
<b>Mindfulness Intervention in College Students: A Pilot Feasibility Study</b>	2019
Graduate Student Study Coordinator, Adolescent Development Lab	
<u>Supervisors:</u> Drs. Andrew Fuligni, Julianne Bower	
<b>Prosocial Behavior and Neural Development in Adolescence</b>	2017- Present
Graduate Student Researcher, Department of Psychology, UCLA	
<u>Supervisors:</u> Drs. Naomi Eisenberger, Adriana Galván, Andrew Fuligni	

<b>Randomized Controlled Trial: Acts of Kindness Intervention Among Adolescents</b>	2017-2021
Graduate Student Researcher, Adolescent Development Lab, UCLA <u>Supervisor:</u> Dr. Andrew Fuligni	
<b>UCLA Study of Family Health</b>	2017-2019
Graduate Student Researcher, Adolescent Development Lab, UCLA <u>Supervisor:</u> Dr. Andrew Fuligni	
<b>Experiences, Values, and Beliefs of Korean and Chinese College Students</b>	2015-2017
Undergraduate Research Assistant, Honors Thesis Student, Park Lab, Bryn Mawr College <u>Supervisor:</u> Heejung Park	
<b>UCLA Study of Family Health</b>	2017-2019
Undergraduate Research Assistant, Adolescent Development Lab, UCLA <u>Supervisors:</u> Drs. Jessica Chiang, Joanna Kim, Andrew Fuligni	
<b>Role of Neuropeptides in the Neural Processing Underlying Social Cognition</b>	2015
Project Coordinator, Social Cognitive Neuroscience Lab, UCLA <u>Supervisor:</u> Drs. Benjamin Tabak, Matthew Lieberman	
<b>Reconnection of Neural Networks and Cognitive Recovery after Pediatric TBI</b>	2014
Undergraduate Research Assistant, Semel Institute, UCLA <u>Supervisor:</u> Dr. Robert Asarnow	

### **Additional Training and Workshops**

Text Mining Analysis Workshop by Dr. Han Du, UCLA	2022
Power Analysis Workshop on WebPower by Dr. Han Du, UCLA	2021
Pritzker Center Summer Child Welfare Academy, UCLA	2021
ABCD Workshop on Brain Development & Mental Health, U of Oregon	2019
fMRI Software Library (FSL) Intensive Course, San Diego, CA	2018
Neuroimaging Affinity Group, UCLA	2018-2023
UC Consortium on the Developmental Science of Adolescence, UCLA	2018-2023
MRI Safety Certified, Center for Cognitive Neuroscience, UCLA	2017-2023

### **Teaching Experience**

<b>Graduate Teaching Associate, UCLA</b>	(Ratings out of 9)
Research Methods in Psychology (PSYCH 100B) -----	Spring Quarter 2022   Rating: 8.4
<b>Graduate Teaching Assistant, UCLA</b>	
Adolescent Development (PSYCH 133A) -----	Winter Quarter 2022   Rating: 8.5
Dynamic Perspectives on Parenting (PSYCH 134J) -----	Spring Quarter 2021   Rating: 8.6
Research in Developmental Psychology (PSYCH 131) -----	Fall Quarter 2020   Rating: 7.6
Social Psychology (PSYCH 135) -----	Winter Quarter 2020   Rating: 8.9
Introductory Psychology (PSYCH 10) -----	Spring Quarter 2018   Rating: 7.0
<b>Invited Guest Lecturer</b>	
Child and Adolescent Development, CSU Northridge	Fall Quarter 2022
Adolescent Development (PSYCH 133A), UCLA	Winter Quarter 2021
Brain and Behavior Development (PSYCH 161), UCLA	Spring Quarter 2019

<b>High School Student Instructor &amp; Mentor</b> , Polygence	2022-Current
<b>High School Bootcamp Coordinator &amp; Instructor</b> Summer Adolescence Research Bootcamp, UCLA	2019, 2021
<b>Undergraduate Teaching Assistant</b> , Bryn Mawr College Introduction to Psychology	Spring 2017
<b>Writing &amp; Public Speaking Tutor</b> , Bryn Mawr College Bryn Mawr College Writing Center	2015-2017

### **Service & Mentorship Activities**

---

#### **Underrepresented Graduate Students in Psychology, UCLA**

President	2021-2023
Vice President	2019-2020
Secretary	2018-2019
High School Outreach & Brown Bag Committee Member	2017-2019
Led graduate student organization in the department of psychology at UCLA that involves 5 committees tasked to support marginalized students interested in psychological science at the high school, undergraduate, and graduate education levels. Deeply involved in departmental initiatives aimed at increasing diversity and representation of marginalized students. Examples include successful removal of the GRE requirement in departmental graduate admissions; equitable fellowship review processes for graduate students; creation of resources for high school and college students in pursuit of higher education; mentorship expectations workshops for graduate students; working toward equitable fellowship access for international and DACA graduate students. Awarded grant from Semel Healthy Campus Initiative at UCLA to fund a community fridge and pantry for graduate students in the department during winter and spring 2023.	

#### **Department of Psychology Anti-Racism Taskforce, UCLA**

Graduate Student Representative	2021-2022
Selected by the chair of the department of psychology to represent graduate students on the department's task force aimed at organizing a multitude of recommendations made to reduce racism and bias within the department. Meetings 1 to 2 times per month with the vice chair of graduate studies in the department, faculty representatives, and staff representatives to discuss the recommendations, complete sorting activities to sort the recommendations into categories based on impact and immediacy, and sending tentative plans of action to the department chair to enact these changes.	

#### **Developmental Area Representative, UCLA**

Graduate Student Representative	2021-2023
Selected by the area chair to voice graduate student recommendations and concerns pertaining to area activities and forums. Served as a direct liaison between area graduate students and area faculty.	

#### **Undergraduate Research Journal for Psychology (URJP), UCLA**

Graduate Student Mentor	2018-2023
Meet with undergraduate student journal editors to review manuscripts submitted to the research journal; support student editors through the manuscript review process in group meetings; speak at professional development workshops aimed at journal staff who are undergraduate students.	

#### **Psychology in Action, UCLA**

Writing Contributor	2017-2019
Wrote pieces for the online blog focused on current research about adolescent brain and behavioral development.	

#### **Bryn Mawr College Admissions, Bryn Mawr College**

Alumnae Admissions Representative

2018-2020

Conduct interviews with prospective students, assist during college fairs in the LA area, and write congratulatory notes to students accepted to the college.

---

### **Undergraduate Mentees**

#### Current

1. Seo Young Yoo, B.A. in Psychology, Princeton (2022)
2. Randhara Kotuwelle, B.A. in Psychology, UCLA (2022)

#### Previous

3. Pranitha Prasad, B.A. in Psychobiology, UCLA (2020) → M.D. Student at USC
4. Ariel Stallings, B.A. in Psychology, UCLA (2021) → Lab Manager at Brown
5. Jolie Wu, B.A. in Psychology, UCLA (2021) → Research Associate
6. Kristen Fu, Undergrad in Psychology, UCLA → Expected Graduation 2023
7. Pragya Arya, B.A. in Psychology (2019) → Ph.D. Student at USC
8. Priya Dahiya, B.A. in Psychobiology (2019) → Ph.D. Student at U of Washington
9. Valeria Mazzanti, B.A. in Psychology (2018) → M.P.H. Student at Columbia
10. Daniela Sarmiento, B.A. in Psychology (2020) → Ph.D. Student at UCSB

---

### **Editorial Board Member**

*Journal of Youth and Adolescence*

---

### **Ad-Hoc Reviewer**

*Adolescent Research Review, Child Development, Developmental Cognitive, Neuroscience, Developmental Psychobiology, Neuroimage*

---

### **Professional Affiliations**

Social and Affective Neuroscience Society	2021-Present
Flux Society	2018-Present
Society for Research on Adolescence	2018-Present
Association for Psychological Science	2017-Present
Society for Research in Child Development	2016-Present