

CURRICULUM VITAE

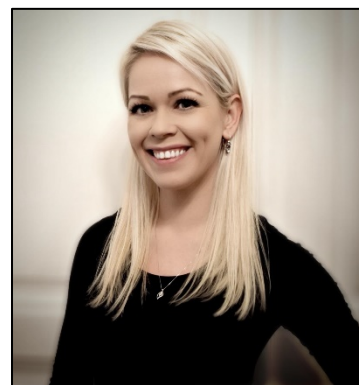
PERSONAL INFORMATION

Name **MARDIS SARA KARLSDOTTIR, MA**

E-mail mardissara@gmail.com

Nationality Iceland

Date of birth 07.05.1985



EDUCATION AND TRAINING

- 09/2010 – 12/2013 PhD in Health Psychology
University of Iceland - Reykjavik, Iceland
ABD – All But Dissertation

All coursework, teaching, and research requirements completed, took leave of absence due to changes in home environment.
- Awards and Grants University of Iceland Conference Presentation Grant, travel costs to Italy (2013)
Eimskip Fund Research Grant, total: 3.746.000 ISK (2012-2013)
Nordic-Baltic Doctoral Student Network Conference Presentation Grant, travel costs to Russia (2012)
Equipment Purchasing Grant, total: 1.510.000 ISK (2011)
- 08/2006 – 06/2010 Master of Arts in Psychology, Cognitive Neuroscience
University of South Florida - Tampa, Florida, USA
Awards and Grants Graduated Cum Laude, with honors
USF Graduate and Professional Student Council Conference Presentation Grant (2007)
- 03/2005 – 06/2006 Bachelor of Arts in Psychology
Shawnee State University - Portsmouth, Ohio, USA
Awards and Grants Graduated Magna Cum Laude, with high honors
Outstanding Graduate of the Year in Psychology
Academic Excellence by an International Student Award
Shawnee State Undergraduate Research Fund, total: \$1.000 USD (2005-2006)
- 09/2003 – 03/2005 Associate of Science in Liberal Arts & Sciences
Sinclair Community College - Dayton, Ohio, USA
Awards Graduated Cum Laude, with honors
- 2018 Additional courses (certificate links on LinkedIn profile):
Coursera, online classes provided by the University of California Irvine
Communication in the 21st Century Workplace, Effective Problem-Solving and Decision-Making,
Finance for Non-Financial Professionals, Project Management: The Basics for Success, The Art
of Negotiation, Time Management for Personal & Professional Productivity
- 2021 Facebook Certified Community Manager

PROFESSIONAL EXPERIENCE

07/2018 – Present

PROJECT MANAGER

Cardiovascular and Interventional Radiological Society of Europe

Main duties are ensuring the success of a pilot phase of the International Accreditation System for Interventional Oncology Services (IASIOS) and preparing for public launch in 2021.

Responsible for planning, coordination, implementation and execution of project tasks. Maintain an overview of project goals, deliverables and timelines and ensure that targets are achieved.

Perform quantitative and qualitative analyses on project performance, identify potential obstacles and pitfalls and propose solutions. Report and present on the project progress and future directions for the Steering Board and Committee.

Complete market research and compile information on current market, identify potential leads and clients and initiate contact. Maintain correspondence with current and potential clients, as well as the steering board and committee. Create marketing strategies and material, implement promotional schedule, including brochures, conference booths and a more user-friendly website. Worked closely with website developers to design and implement a new website and a custom members-area, and a fully online registration, application and assessment process. Write articles for annual review and promotion.

Evaluate and streamline processes and procedures. Support pilot hospitals throughout their application process.

Participate in board meetings, meeting with potential clients, and meetings regarding collaboration with other societies.

07/2014 – 07/2016

PROJECT MANAGER

University of Iceland, School of Health Sciences

Served as project manager for an innovative healthcare initiative aimed at training interdisciplinary teamwork and patient care within the eight clinically-focused graduate programs (medicine, nursing, dentistry, physical therapy, psychology, pharmacy, nutrition, and midwifery).

Created, presented, and co-lead teamwork workshops for clinical professionals to prepare them for working with students on clinical sites. Recruited, trained and managed 15-18 professors per semester.

Oversaw courses in teamwork in health sciences (theoretical and clinical), prepared course material for instructors, responsible for all student contact and grading, and managed room bookings and coordinated schedules.

Created reports and summaries to track the success of the projects and problems to be resolved. Attended monthly board meetings to work on continuous improvements, prepared and presented various status and progress reports, discussed any complications, participated in high-impact decisions.

Performed literature reviews and research, created various surveys and instruments for assessing student satisfaction, student learning, problems with teamwork within or between disciplines, patient satisfaction and care, as well as instructor satisfaction and competence.

In charge of communication and marketing, maintained and updated the homepage for the health clinic, set up and maintained online appointment booking for clients, managed and kept an overview of all patient bookings, questions, and concerns. Created and updated marketing material (brochures, flyers, banners, posters, digital advertisements) in cooperation with the Marketing and Web Director, contact person for media related inquiries, including newspaper and television interviews.

09/2010 – 05/2016

LAB DIRECTOR & RESEARCHER

University of Iceland, Department of Psychology

Solely responsible for setting up new cardiovascular psychophysiology lab – researched, purchased, and set up lab equipment.

Maintained lab space and equipment, ordered electrodes and supplies, coordinated scheduling for simultaneous research experiments.

Designed and conducted research experiments examining the impact of stress on cardiovascular activity. Recruited and screened over 2000 research participants, ran

experiments on over 250 participants, scored physiological data and performed statistical analyses, presented data at conferences with three oral and two poster presentations

Managed, mentored and trained eight research assistants. Co-advised five undergraduate student theses.

01/2011 – 06/2016

LECTURER

University of Iceland

Prepared coursework and presented lectures, created and graded exams and research papers, from 25-150 students per course.

Health Psychology (3 semesters), Personality Psychology, Interdisciplinary Teamwork in Health Sciences – Theoretical (2 semesters), Interdisciplinary Teamwork in Health Sciences – Clinical (4 semesters), Nutrition and Disease Development – Guest Lecturer (2 semesters), Teaching Assistant for Introduction to Psychology (3 semesters)

08/2006 – 06/2010

GRADUATE RESEARCH ASSISTANT, CARDIOVASCULAR PSYCHOPHYSIOLOGY LAB

University of South Florida, Tampa, Florida, USA

Conducted experiments on autonomic responses to psychosocial stress on over 350 participants scored and analyzed physiological data, trained and supervised five undergraduate research assistants, presented data at two oral talks and four poster presentations.

08/2008 – 06/2009

PRESENTATION COORDINATOR, DEPARTMENT OF COGNITIVE, NEURAL AND SOCIAL SCIENCES

University of South Florida, Tampa, Florida, USA

Coordinated weekly research presentations at the department of Cognitive, Neural, and Social Sciences, oversaw scheduling and recruiting speakers of interest, organized a symposium on addiction, an interdepartmental colloquium, and a special interest session discussing work/family issues for women in academia.

08/2006 – 06/2009

GRADUATE TEACHING ASSISTANT

University of South Florida, Tampa, Florida, USA

Prepared course material, graded exams and research papers, taught lab sessions.

Research Methods (3 semesters), Developmental Psychology (2 semesters), Introduction to Psychology (2 semesters)

01/2005 – 05/2005

MEDICAL INTERNSHIP

Wheelersburg Medical Associates, Portsmouth , Ohio, USA

Observed and assisted three medical doctors focused on holistic healthcare during their daily appointments, assessed blood pressures and anthropomorphic measures, administered and scored various health questionnaires, including assessments of depression and memory loss due to stroke or other brain damage.

RESEARCH EXPERIENCE

2010-2016

GRADUATE RESEARCHER

University of Iceland Cardiovascular Psychophysiology Lab

Parasympathetic Reactivity and Recovery in People with a Family History of Stroke (2011-2014)

Researching, planning, designing, and implementing experiments.

Set up Cardiovascular Psychophysiology Lab at the University of Iceland (2010- 2011)

Responsible for researching equipment, lab space and set up and purchasing equipment.

2006-2010

GRADUATE RESEARCH ASSISTANT

University of South Florida Cardiovascular Psychophysiology Lab

Respiratory Sinus Arrhythmia Reactivity and Recovery in Healthy Women with a Positive Family History of Cardiovascular Disease (Master's Thesis) (2008- 2010)

Researched, planned, designed, and implemented the study. Recruited, trained, and supervised 4 research assistants. Completed data collection, scoring, and statistical analysis.

Adiposity, Stress, and Stigmatization: A Biopsychosocial Approach to Cardiovascular Disease Prediction (2008-2008)

Assisted with data collection, scoring, and analysis

The Effect of Trained Breathing on Physiological Measures: (2006-2008)

Assisted in data collection, scoring, and analysis; trained and supervised undergraduate research assistants; assisted in abstract and poster preparations

Major Depressive Disorder and Cardiovascular Reactivity and Recovery (2006-2007)

Responsible for data scoring and analysis; assisted with manuscript preparation, submission, and revisions

2005-2006

UNDERGRADUATE RESEARCH ASSISTANT

Shawnee State University

Masculinity, Discrepancy-Strain and Aggression

Researched, planned, proposed, and conducted an individual experiment as a junior colleague to Dr. Christopher Kacir. I received a grant for the study and presented the results at the APA conference in New Orleans, August 2006.

TEACHING EXPERIENCE

Spring 2012	Health Psychology, University of Iceland
Spring 2013	
Fall 2013	Personality Psychology, University of Iceland
Spring 2008	Introduction to Psychology
Spring 2009	Graduate Teaching Assistant, Lab Instructor, University of South Florida
Fall 2011	
Fall 2012	
Fall 2013	
Fall 2007	Developmental Psychology
Fall 2008	Graduate Teaching Assistant, Lab Instructor, University of South Florida
Fall 2006	Research Methods
Spring 2007	Graduate Teaching Assistant, Lab Instructor, University of South Florida
Summer 2007	
Fall 2005	Statistics Tutor, Shawnee State University
Spring 2006	
2006-2016	Training and supervising undergraduate research assistants

VOLUNTEER WORK AND LEADERSHIP POSITIONS

2020-Present	Active leader and Vienna Community Manager for Girl Gone International, a not-for-profit Global Community operating in various online platforms and through in person events in 200 cities which brings together and supports 500,000+ expat women living abroad or returning home. The Vienna GGI Community grew by 35% in the first 6 months after joining the community management team, from 3700 members to over 5000 members. Duties include recruiting, training and supporting over 15 event hosts, online community engagement and moderation, community building and growth strategy.
2018-2020	Event host, Girl Gone International
2012-2016	Student representative on the Committee for Doctoral Studies in the School of Health Sciences.
2013-2015	President of the Association for Doctoral Students and Postdoctoral Researchers in the School of Health Sciences at the University of Iceland.
Spring 2016	Assisted in organizing a Graduate Student Conference in the Health Sciences, reviewed submitted abstracts and grouping appropriate sessions together.

PUBLICATIONS

Salomon, K. & Karlsdóttir, M. (2013). Perceptions of Stress. In Gellman, M. & Turner, J. R. (Eds.), *Encyclopedia of Behavioral Medicine*. New York, New York: Springer.

Mardís Sara Karlsdóttir og Daníel Þór Ólason (2011). Konur með fjölskyldusögu um heilablóðfall sýna ýktari sympatísk og parasympatísk viðbrögð við sálfræðilegum streituvöldum (En. *Women with a family history of stroke show exaggerated sympathetic and parasympathetic responses to psychological stressors*). *Sálfræðiritið*, 103-106.

Salomon, K., Clift, A., Karlsdóttir, M., & Rottenberg, J. (2009). Major Depressive Disorder is associated with attenuated cardiovascular reactivity among those free of cardiovascular disease. *Health Psychology*, 28(2), 157-165.

INVITED LECTURES AND PRESENTATIONS

Karlsdóttir, M. (September, 2015). The mechanisms in which stress affects physical health. Guest Lecturer. Nutrition Sciences and Disease Development Graduate Course. University of Iceland, Reykjavik.

Karlsdóttir, M. (February, 2015). Stress and disease. Guest Lecturer. Nutrition Sciences and Disease Development Graduate Course. University of Iceland, Reykjavik.

Karlsdóttir, M & Ólason, D. (October, 2013). Sympathetic Reactivity in People with a Family History of Stroke and Negative Affect. Poster presentation at the 2013 meeting of the Society for Psychophysiological Research in Florence, Italy.

Karlsdóttir, M & Ólason, D. (April, 2013). Stress, Type D Personality, and a Family History of Stroke. Paper presentation at the Icelandic Psychological Association Conference, Reykjavik, Iceland.

Sigurðardóttir, A., Karlsdóttir, M & Ólason, D. (April, 2013). Type D Personality, Negative Affect, and Physiological Responses to Psychological Stress. Poster presentation at the Icelandic Psychological Association Conference, Reykjavik, Iceland.

Karlsdóttir, M. (September, 2012). Autonomic Responses to Stress and a Family History of Stroke. Nordic Baltic Doctoral Network Conference Talk, St. Petersburg, Russia.

Karlsdóttir, M. & Ólason, D (April, 2011). Family history of stroke is related to greater parasympathetic reactivity in healthy females. Paper presentation at the Icelandic Psychological Association Conference, Reykjavik, Iceland.

Karlsdóttir, M., Burgess, K., & Salomon, K. (October, 2010). Family history of stroke and Type II diabetes is related to greater PEP and RSA reactivity. Poster presentation at the 2010 meeting of the Society for Psychophysiological Research in Portland, OR.

Karlsdóttir, M., Jin, A., & Salomon, K. (October, 2010). The effect of family history of cardiovascular disease on RSA recovery is modified by ethnicity. Poster presentation at the 2010 meeting of the Society for Psychophysiological Research in Portland, OR.

Karlsdóttir, M. (April, 2010). Cardiovascular Reactivity and Recovery is Related to a Positive Family History of CVD, Stroke, and Diabetes. Cognitive, Neural, and Social Sciences Departmental Talk. University of South Florida, Tampa, FL.

Karlsdóttir, M. (November, 2008). Infant Cognitive Development. Guest Lecturer. Developmental Psychology Undergraduate Course. University of South Florida, Tampa, FL.

Karlsdóttir, M. (February, 2008). Sensation and Perception. Guest Lecturer. Introduction to Psychology Undergraduate Course. University of South Florida, Tampa, FL.

Salomon, K., Bylsma, L.M., Karlsdóttir, M. & Rottenberg, R. (March, 2008). Brief slow-breathing training over 1 week decreases heart rate and blood pressure responses during stress. Paper presentation at the Annual Scientific Conference of the American Psychosomatic Society, Baltimore, Maryland.

- Karlsdóttir, M., Clift, A., Rottenberg, J., & Salomon, K. (October, 2007). Cardiovascularly healthy depressed persons exhibit attenuated cardiovascular reactivity to laboratory stressors. Poster presentation at the 2007 meeting of the Society for Psychophysiological Research in Savannah, GA.
- Bylsma, L. M., Karlsdóttir, M., Rottenberg, J., & Salomon, K. (October, 2007). Brief slow-breathing training and stability of resting and stressor task changes in RSA over one week. Poster presentation at the 2007 meeting of the Society for Psychophysiological Research in Savannah, GA.
- Karlsdóttir, M. (March, 2007). Major depressive disorder and attenuated cardiovascular recovery. Cognitive, Neural, and Social Sciences Departmental Talk. University of South Florida, Tampa, FL.
- Kacir, C.D., & Karlsdóttir, M.S. (August, 2006). Masculinity, discrepancy-strain, and the nature of men's aggression. Poster presentation at the annual meeting of the American Psychological Association, New Orleans, LA.
- Karlsdóttir, M. (May, 2006). Masculinity discrepancy and aggression towards a potential dating partner. Psychology Department Undergraduate Colloquium. Shawnee State University, Portsmouth, OH.
- Karlsdóttir, M.S. (April, 2006). Overt and covert aggression in Appalachian males under threatened masculinity. Poster presentation at the Shawnee Celebration for Scholarship Undergraduate Research Conference, Portsmouth, OH.

**PERSONAL SKILLS
AND COMPETENCES**

LANGUAGES	English (Native Speaker) Icelandic (Native Speaker) German (B1)
SKILLS AND COMPETENCES	Research Design Teaching and Education Statistical Analysis (SPSS - Excellent; SAS/S-PLUS - Basic) Research and Survey Development, Collection and Analysis Physiological data acquisition and analysis software (Expert) Noninvasive cardiovascular equipment
PERSONAL INTERESTS	Reading, personal development, health and psychology research, crafting, home renovating, dancing, camping, road trips, hiking