Dea Mitaj, M.A
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Education

Texas State University August 2022 – May 2024
M.A., Psychological Research (GPA: 4.0)
Thesis: "Examining Non-Religious Adult's Religious Beliefs and Practices"
Mentor: Dr. Jennifer Clegg-Petz.

Texas State University August 2019 – December 2021
B.S., in Psychology, Summa Cum Laude
Minor in Anthropology

Research Experience

The Prevention and Research in Suicide Mechanisms Lab August 2022- Current
Principal Investigator: Dr. Megan Rogers

Project: Evaluation of Stressful Life Events Using Ecological Momentary
Aim: Examined the relationship between stressful live events and suicidal desire for high-risk individuals using ecological momentary assessments.
Role: Coded over 12,500 open-ended responses. Analyzed data using multilevel modeling. Prepared and submitted manuscript for review.

Project: Understanding the Timing of Suicide-Related Phenomena and the Impact of Assessment and Compensation Schedules on Suicidal Participants' Response Rates.
Aim: Establish the optimal EMA assessment frequency, such as the number of EMA prompts per day and compensation structure, to (1) best understand the timing of suicide-related phenomena and (2) maximize participant engagement and adherence to the research study.
Role: Responsible for developing and leading the study team composed of graduate and undergraduate. Revised study materials such as procedure manual tracking sheets and created study surveys in Qualtrics and MetricWire. Training RAs in various protocols including participant interviews.

Project*:* Personalized Feedback
Aim: Proving personalized feedback for participants based on EMA data. Comparing those receiving feedback and those not to see if there is a decrease in mental health symptoms, an increase in self-awareness, and changes in social rhythms.
Role: Currently reviewing and editing study materials as we prepare to launch the study. Presently researching methods to provide feedback to participants.

Independent Research Project August 2022- May 2024

Used secondary data to examine the relationship between different internal and external stressors on suicidal ideation in a sample of LGB adults. Conducted data analysis using SPSS and R studio and led the writing of the manuscript. Prepared findings for presentation at psychological conferences.

Learning in Context Lab August 2022- Spring 2024

Project: Examine Relations Between Language Exposure and Social Behavior in Childhood

Aim: Examining how language-based social preferences (ages 4-7 years old) affect English monolingual and English-Spanish bilingual children's choices about prosocial behavior.

Role: Cataloged and adapted study material from online to in-person. Created and edited procedure manuals, study scripts, and study material. Created recruitment material for different formats. Re-established the "Science in the Parks" research program.

Project: Exploring natural and supernatural representations in nonreligious households between children and adults.

Aim: Examining nonreligious children's home belief environments and if their implicit and explicit beliefs are consistent.

Role: Independently conducted a literature review, compiled survey material, and created Qualtrics surveys. Formulated an IRB amendment proposal for experimental and exploratory designs and drafted pre-registration material.

Project: Exploring parents' beliefs and behaviors related to different types of lies and what they teach their children

Aim: Examined parents' prosocial lying attitudes and behaviors across the US and Netherlands.

Role: Entered, prepared, and coded data for analysis for US and Dutch participants. Launched 3 separate follow-up studies to continue data collection for US parents on Prolific. Monitored data collection over two months, then entered, prepared, and coded data for analysis. Ran statistical analyses using SPSS and R and presented findings at a regional conference.

Peer Reviewed Publications

In Press

1. **Mitaj, D.,** Tran, J. H., & Rogers, M. L. (2025). Firearm access and storage practices among suicidal Texas-based college students. Psychiatry Research, 351, 116661. https://doi.org/10.1016/j.psychres.2025.116661

2. Udupa, N. S., Arreguin, D. H., **Mitaj, D**., Robertson, L., Jeon, M. E., Robison, M., Broshek, C. E., Joiner, T. E., & Rogers, M. L. (2025). Overt heterosexist discrimination and homonegative microaggressions in lesbian, gay, bisexual, queer, and other non-heterosexual adults: Interpersonal pathways to suicidal ideation. *Psychology of Sexual Orientation and Gender Diversity.* Advance online

publication. https://doi.org/10.1037/sgd0000801

3. Mitchell, S. M., Marvin, C., **Mitaj, D.,** & Rogers, M. L. (2024). Identifying latent classes of suicidal ambivalence: Associations with suicide risk correlates and outcomes. *Suicide and Life-threatening Behavior*. Advance online publication. https://doi.org/10.1111/sltb.13111

Under Review – Revise & Resubmit

1. Rogers, M. L., Robison, M., Lawrence, O. C., Mattera, E. F., **Mitaj, D**. (under revision). *The importance of examining measurement properties in ecological momentary assessment research: An illustrative example in suicide research.* Psychological Assessment.

2. Rogers, M. L., Robison, M., Tran, J. H., & **Mitaj, D**. (under review). *Are repeated assessment of suicidality harmful for anyone? Investigating predictors of differential trajectories of suicidal desire across an intensive longitudinal design.* Journal of Psychiatric Research.

3. Teasdale, O. D., **Mitaj, D.,** Risner, M., Ross, J., & Rogers, M. L. (under review). *Examination of the moderating role of internalizing symptoms in the direct and indirect relationships between alcohol use, rumination, and suicidal ideation.* Journal of Affective Disorders.

4. Teasdale, O. D., **Mitaj, D.,** Tran, J. H., & Rogers, M. L. (under review). Assessing the three-step theory of suicide in an at-risk undergraduate student sample: A replication study.

Under review – Initial Review

5. Rogers, M. L., Wilson-Lemoine, E., **Mitaj, D.,** Udupa, N. S., Rector, M., Barrett, K. M., Staton, T., Johnson, S. L., & Joiner, T. E. (under review). *Stressful life events and momentary suicidal desire: An examination of life event type, valence, and perceived stress in relation to suicidal desire using ecological momentary assessment.*

6. Prochazka, R. M., **Mitaj, D.,** Harel, M. L., Teasdale, O. D., & Rogers, M. L. (in prep). *Understanding outness, external minority stress, and suicidal ideation in the LGBTQ+ community*.

In Preparation

7. **Mitaj, D.,** Angulo, J. R., Johnson, H. D., Loera, T. T., & Rogers, M. L. (in prep). Examining the feasibility and acceptability of different prompt rates and compensation structures in suicide-focused ecological momentary assessment studies.

8. Rogers, M. L., **Mitaj, D.,** Gransee, S. G., & Loera, T. T. (in prep). Ensuring data

quality in fully online research designs: Recommendations and illustration through two case examples.

9. Rogers, M. L., **Mitaj, D.,** Uelman, C., Parkhurst, K. F., & Prochazka, M. R. (in prep). Assessment of the phenomenology and short-term temporal dynamics of acute suicidal crises: A synthesis of proposed syndromes.

10. Harel, M., **Mitaj, D.,** Teasdale, O., Penn, J., Tran, J., Murley, W. D., & Rogers, M. L. (in prep). *The relationship between eating disorders and exercise dependence: Traits, transdiagnostic correlates and clinical correlates.*

Conference Presentations

1. Rogers, M. L., & **Mitaj, D.** (2025, April). Understanding the timing and relative importance of acute suicidal crisis symptoms: An intensive longitudinal investigation. In L. Melzer (Chair), *Suicide-specific syndromes for the assessment of acute suicide risk*. Symposium presented at the annual meeting of the Suicide Research Symposium, Virtual.
2. Loera, T. L., **Mitaj, D.,** & Rogers, M. L**.** (2025, April). *Psychological closeness to preferred suicide methods and suicidal ideation: The moderating role of depression and anxiety.* Poster presented at the annual meeting of the Suicide Research Symposium, Virtual.
3. **Mitaj, D.,** & Rogers, M. L. (2025, April). *Psychological closeness to suicide methods and suicidal intent: Differences across preferred suicide method.* Poster presented at the annual meeting of the Suicide Research Symposium, Virtual.
    - **Awarded the Theoretical Innovations Poster Award at the conference**
2. Mitchell, S. M., Marvin, C., **Mitaj, D.,** & Rogers, M. L. (2025, April). *Characterizing suicidal ambivalence among LGBTQ+ adults.* Poster presented at the annual meeting of the American Association of Suicidology, Columbus, OH.
3. **Mitaj, D.,** Tran, J. H., & Rogers, M. L. (2024, November). *Firearm ownership and safe storage practices among suicidal Texas-based college students.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
4. Teasdale, O. D., **Mitaj, D.,** & Rogers, M. L. (2024, November). *Examination of the moderating role of internalizing symptoms in the direct and indirect relationships between alcohol use, rumination, and suicidal ideation.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
5. Vargo, L., Stivers, M., **Mitaj, D.,** Rogers, M. L., Tucker, R. P., & Buckner, J. (2024, November). *Agitation is uniquely related to suicide ideation above and beyond conceptually similar risk factors for suicide*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.

6. **Mitaj, D.,** Staton, T. A., Barrett, K. M., Rector, M. A., Udupa, N. S., Wilson-Lemoine, E., Johnson, S. L., Joiner, T. E. & Rogers, M. L. (2024, April). *Investigating real-time life event valence, type, and stress across diverse sexual orientations: An ecological momentary assessment study*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Boston, MA.

7. Staton, T. A., **Mitaj, D.**, Barrett, K. M., Rector, M. A., Udupa, N. S., Wilson-Lemoine, E., Johnson, S. L., Joiner, T. E. & Rogers, M. L. (2024, April*). Examination of potential differences in life event type, valence, and stress across gender identities: An ecological momentary assessment study*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Boston, MA.

8. Rogers, M. L., Wilson-Lemoine, E., **Mitaj, D.,** Udupa, N. S., Rector, M., Barrett, K. M., Staton, T., Johnson, S. L., & Joiner, T. E. (2024, April). *Life event type, valence, and perceived stress as predictors of momentary suicidal desire*. Paper presented the annual meeting of the Suicide Research Symposium, Virtual.

9. Teasdale, O. D., **Mitaj, D.,** Tran, J. H., & Rogers, M. L. (2024, April). *Assessing the Three-Step Theory of Suicide in an at-risk undergraduate student sample: A replication study*. Poster presented to the annual meeting of the Suicide Research Symposium, Virtual.

10. Harel, M., **Mitaj, D.,** Teasdale, O. D., Penn, J. F., Tran, J. H., Murley, W. D., & Rogers, M. L. (2024, April). *Latent profile analysis of disordered eating and exercise dependence symptoms: Relations with suicidal ideation.* Poster presented to the annual meeting of the Suicide Research Symposium, Virtual.

11. **Mitaj, D.,** Harel, M. L., Teasdale, O. D., & Rogers, M. L. (2024, April). *Understanding outness, external minority stress, and suicidal ideation in the LGBTQ+ community*. Poster presented to the annual meeting of the Suicide Research Symposium, Virtual.

12. **Mitaj, D.,** Bulut, E. M., Lucieer, I., Kok, R., Lucassen, N., Warnell, K. R., & Clegg, J. M. (2023, October). *Why parents lie: Understanding the decision-making process behind lying to one's children*. Poster presented at the annual meeting of The Association for Research in Memory, Attention, Decision-making, Imaging, Language, Learning, and Organization, San Marcos, TX, United States.

13. **Mitaj, D.,** Bulut, E. M., Lucieer, I., Kok, R., Lucassen, N., Warnell, K. R., & Clegg, J. M. (2023, October). *Why parents lie: Understanding the decision-making process behind lying to one's children*. Poster presented at the annual meeting of The Association for Research in Memory, Attention, Decision-making, Imaging, Language, Learning, and Organization, San Marcos, TX, United States.

14. Barrett, K. M., **Mitaj, D**., Murley, W. D., Clegg, J. M., & Czyzewska, M. (2023, May). *Good job.: The effect of punctuation on positive congratulatory text*. Poster presented at the annual meeting of the Association for Psychological Science, Washington, DC, United States.

15. **Mitaj, D.,** Kelemen, D., Corriveau, K.H., & Clegg, J.M. (2023, May). *Examining*

non-religious parents' religious socialization practices and supernatural beliefs. Poster presented at the annual meeting of the Association for Psychological Science, Washington, DC, United States.

16. **Mitaj, D.,** & Rogers, M. L. (2023, April). *Family Matters: Associations between outness to family, attachment styles, thwarted belongingness, and suicidal ideation among LGBTQ+ adults*. Poster presented at the annual Suicide Research Symposium, Virtual.

Invited Talks

1. Rogers, M. L., **Mitaj, D.,** Teasdale, O. D. (2024, February). *Utilizing Ecological Momentary Assessment to Understand the Temporal Dynamics of Psychopathology: Illustrative Examples Examining Suicidal Thoughts and Behaviors.* Department of Psychology Brown Bag Series, Texas State University, San Marcos, TX.

Academic Fellowships, Honors, Awards

Theoretical Innovations Poster Award at the conference April 2025
Award rewarded in recognition for innovative application or advancement of conceptual or theoretical models at the annual Suicide Research Symposium
Graduate Student Travel Grant February 2023
$650 award to support travel to present original research at national conferences
MAPR graduate scholarship August 2023
$500 awarded to support continued education at Texas State University
Graduate Student Travel Grant May 2023
$650 award to support travel to present original research at national conferences
The Rising Scholarly Travel Activity and Research (S.T.A.R.) GRANT May 2023
$750 award to support travel to present original research at national conferences
Liberal Arts Award for Academic Excellence May 2021
Awarded to exemplary students in the College of Liberal Arts
Dean's List August 2019 – December 2021
Awarded to students for maintaining above a 3.5 GPA
Bobcat Cares Grant May 2021
$2100 awarded to distinguished students with demonstrated financial need

Teaching Experience

Lecturer August 2024 - Current
Department of Psychology, Texas State University
Course: Introduction to Behavioral Statistics

Role: Undergraduate upper division course that focused on the theoretical and application of foundations of descriptive and inferential univariate and bivariate statistics.

Course: Lifespan Development

Role: Explored psychological development across the human lifespan, from infancy through late adulthood.

Instructor of Record (4 sections 30 students each) August 2023 – May 2024

Department of Psychology, Texas State University
Course: Introduction to Statistics Laboratory

Role: Undergraduate upper division course that focused on the foundations of descriptive and inferential univariate and bivariate statistics using SPSS. Collaborated with other GTAs on revising course material from previous lab sections. Independently adapted course material specific to my sections and taught courses both online and in person.

Graduate Instructor Assistant (120 students) August 2022 – May 2023
Department of Psychology, Texas State University
Course: Experimental and Research Methods

Role: Undergraduate upper division course that focused on the foundation of research methods and design that incorporated a lab portion that was dedicated to statistical analysis. Assisted with grading and providing feedback to students' research proposals, reviewing and grading SPSS lab assignments, and holding office hours with students. Additionally, I assisted with classroom instruction for the lab portion of the class, which included practical application of univariate and bivariate statistics in SPSS, proctoring exams, assisting in classroom projects, and helping review research proposal ideas.

Professional Experience

Social-Emotional Learning Intern August 2021 - December 2021
Department of Psychology, Texas State University
Internship Director: Dr. Azucena Mayberry

Spent over 120 hours aiding middle school children at Austin Discovery School in their academic and emotional needs. Helped students understand and reflect on their emotions and interpersonal issues. Assisted staff with behavioral issues between the children.

Collaborated with other interns and directors on ways to increase social-emotional learning for the school and students.

Biofeedback Intern May 2021 – August 2021
InMindOut Emotional Wellness Center, LLC
Internship Director: Naomi Ross

Shadowed licensed therapist and Biofeedback team. Helped create and edit documents, continuous education units (CEUs), and PowerPoint presentations for educational classes. Assessed scores for psychological testing.

University Involvement

Graduate Psychology Association
American Psychological
Associations Psi Chi International
Honors Society
Psychology Association
Association for Psychological Science

Skills Technical

Programming languages and mathematical packages: R, SPSS
Other: MetricWire, Microsoft Office, Mac OS, Windows OS, Adobe Suite.

Quantitative

Linear/logistic/regression, moderation, mediation, structural equation modeling, multilevel modeling, factor analysis, cluster analysis, power analysis.