

Raha Hassan Curriculum Vitae

Address

Department of Psychology
Toronto Metropolitan University
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Education and Training

- | | |
|-----------|--|
| 2023 | McMaster University
PhD ¹ , Psychology—Research and Clinical Training Stream (CPA Accredited) |
| 2022-2023 | The Royal Ottawa Foundation for Mental Health
Predoctoral Psychology Residency (CPA Accredited) |
| 2011-2016 | McMaster University
B.A (Hons), Psychology, Neuroscience & Behaviour (<i>summa cum laude</i>) |

Academic Positions

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|-----------|---|
| 2026- | Assistant Professor
Department of Psychology, Toronto Metropolitan University |
| 2023-2026 | Assistant Professor
Department of Psychology, University of Western Ontario |

Licensure

- | | |
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| 2024- | Registered Clinical Psychologist
College of Psychologists and Behaviour Analysts of Ontario (#7750) |
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Publications

Peer-Reviewed Publications

Note. Student mentees underlined.

*indicates with equal contribution

31. Lacroix, P.J., Sangha, R., & Hassan, R. (2026). What do we think of shy adults? Role of one's own personality. *Journal of Personality*. Advance online publication
[Open materials, deidentified data, and code.](#)
30. Schmidt, L.A., Brook, C.A., **Hassan, R.**, MacGowan, T.L., Poole, K., & Jetha, M.K. (2025). Generational Trends in Children's Shyness: Does COVID-19 Matter? *Child Psychiatry and Human*

¹Awarded Governor General Gold Medal for highest academic standing in graduating class across all disciplines

- Development*. Advance online publication. <https://doi.org/10.1007/s10578-025-01862-y>
29. Scott, R., Schmidt, L.A., *Poole, K.L., & ***Hassan, R.**² (2025). Caring too much or too little? Relations between motivations for social withdrawal, empathy, and prosociality in emerging adulthood. *Journal of Scandinavian Psychology*, 66, 717–728. <https://doi.org/10.1111/sjop.13116>
 28. **Hassan, R.** & Schmidt, L.A. (2024). A dyadic investigation of shy children's behavioral and affective responses to delivering a speech. *Developmental Science*, 27, e13558. <https://doi.org/10.1111/desc.13558>
 27. **Hassan, R.** & Schmidt, L.A. (2024). Shyness and inhibitory control in preschool dyads: An actor partner model of social behavior. *Developmental Psychology*, 60, 271–283. <https://doi.org/10.1037/dev0001663>
 26. **Hassan, R.** & Schmidt, L.A. (2024). How biology shapes the development of shyness within specific contexts: A longitudinal, cross-lagged investigation. *Developmental Psychology*, 60, 2178–2188. <https://doi.org/10.1037/dev0001656>
 25. **Hassan, R.**, Smith, C.L., Schmidt, L.A., Brook, C.A., & Bell, M.A. (2023). Developmental patterns of shyness from two to six years: Relations with children's physiological, emotional, and regulatory responses to unfair treatment. *Child Development*, 94, 1745–1761. <https://doi.org/10.1111/cdev.13961>
 24. Schmidt, L.A., Brook, C.A., **Hassan, R.**, MacGowan, T.L., Poole, K.L., & Jetha, M.K. (2023) iGen or ShyGen? Generational differences in shyness. *Psychological Science*, 34, 705–713. <https://doi.org/10.1177/09567976231163877>
 23. **Hassan, R.**, & Schmidt, L. A. (2023). Shyness, inhibitory control, and social support seeking in preschoolers: Role of familiar and unfamiliar contexts. *Emotion*, 23, 1373–1384. <https://doi.org/10.1037/emo0001166>
 22. **Hassan, R.**, Poole, K.L., Smith, A., Niccols, A., & Schmidt, L.A. (2022). Temperamental and physiological regulatory capacity in infancy: Links with toddler problem behaviors. *Infant Behavior and Development*, 69, 101754. <https://doi.org/10.1016/j.infbeh.2022.101754>
 21. Poole, K.L., **Hassan, R.**, Schmidt, L.A. (2022). Two-factor structure of social-evaluative fear in children: Distinguishing fear of negative and positive evaluation in social anxiety. *Journal of Psychopathology and Behavioral Assessment*, 44, 800–810. <https://doi.org/10.1007/s10862-022-09968-6>
 20. Sriranjan, J., Chow, C., Poole, K.L., **Hassan, R.**, Mirabelli, J., Buckley, N., Van Lieshout, R., & Schmidt, L.A. (2022). Children's shyness and frontal EEG delta-beta correlation in the pediatric surgical setting. *Developmental Psychobiology*, 64, e22275. <https://doi.org/10.1002/dev.22275>
 19. Schmidt, L.A., Poole, K.L., **Hassan, R.**, & Willoughby, T. (2022). Frontal EEG alpha-delta ratio and social anxiety across early adolescence. *International Journal of Psychophysiology*, 175, 1–7. <https://doi.org/10.1016/j.ijpsycho.2021.12.011>
 18. **Hassan, R.** & Schmidt, L.A. (2022). Inhibitory control, dyadic social behavior, and mental health difficulties in preschoolers. *Child Development*, 93, e251–e265. <https://doi.org/10.1111/cdev.13725>

²KLP & RH equal contribution, shared senior authorship listed in alphabetical order

17. **Hassan, R.** & Schmidt, L.A. (2021). Longitudinal investigation of shyness and physiological vulnerability: Moderating influences of attention biases to threat and safety. *Developmental Psychobiology*, 63, e22180. <https://doi.org/10.1002/dev.22180>
16. Rodrigues, E.R., **Hassan, R.**, Schmidt, L.A. (2021). Negative emotionality and internalizing behaviors in preschool children: Moderating role of inhibitory control. *Child Psychiatry and Human Development*, 53, 1110–1118. <https://doi.org/10.1007/s10578-021-01189-4>
15. **Hassan, R.** & Schmidt, L.A. (2021). Trajectories of behavioral avoidance in real time: Associations with temperament and physiological dysregulation in preschoolers. *Journal of Experimental Child Psychology*, 209, 105177. <https://doi.org/10.1016/j.jecp.2021.105177>
14. **Hassan, R.**, Rowa, K., McCabe, R.E., Lahat, A., & Schmidt, L.A. (2021). Shyness and anxiety: Protective role of approach-related motivations. *Personality and Individual Differences*, 178, 110859. <https://doi.org/10.1016/j.paid.2021.110859>
13. **Hassan, R.**, Poole, K.L., Lahat, A., Willoughby, T., & Schmidt, L.A. (2021). Approach-avoidance conflict and shyness: A developmental investigation. *Developmental Psychology*, 57, 814–823. <https://doi.org/10.1037/dev0001175>
12. **Hassan, R.**, Willoughby, T., & Schmidt, L.A. (2021). Shyness and prosocial tendencies during adolescence: Prospective influence of two types of self-regulation. *Emotion*, 21, 1721–1730. <https://doi.org/10.1037/emo0000986>
11. Poole, K.L., **Hassan, R.**, & Schmidt, L.A. (2021). Temperamental shyness, frontal EEG theta/beta ratio, and social anxiety in children. *Child Development*, 92, 2006–2019. <https://doi.org/10.1111/cdev.13564>
10. **Hassan, R.**, Willoughby, T., & Schmidt, L.A. (2021). Development of shyness across adolescence: Reactivity, regulation, or both? *Developmental Psychology*, 57, 421–431. <https://doi.org/10.1037/dev0001159>
9. **Hassan, R.**, MacMillan, H.L., Saroj, S., & Schmidt, L.A. (2020). Brain, interrupted: Alpha/delta EEG ratio in survivors of pre and post-natal adversity. *International Journal of Neuroscience*, 132, 31–37. <https://doi.org/10.1080/00207454.2020.1797724>
8. **Hassan, R.**, MacMillan, H.L., & Schmidt, L.A. (2020). Trajectories of dissociative experiences in adolescent females exposed to child maltreatment: Psychological and psychophysiological influences. *Journal of Social and Clinical Psychology*, 39, 824–841. <https://doi.org/10.1521/jscp.2020.39.9.824>
7. **Hassan, R.**, MacMillan, H.L., Tanaka, M., & Schmidt, L.A. (2020). Psychophysiological influences on personality trajectories in adolescents exposed to child maltreatment. *Development and Psychopathology*, 32, 1390–1401. <https://doi.org/10.1017/S0954579419001342>
6. **Hassan, R.**, Poole, K.L., & Schmidt, L.A. (2020). Revisiting the double-edged sword of self-regulation: Linking shyness, attentional shifting, and social behavior in preschoolers. *Journal of Experimental Child Psychology*, 196, 104842. <https://doi.org/10.1016/j.jecp.2020.104842>
5. **Hassan, R.**, Schmidt, L.A., Van Lieshout, R.J., Saigal, S., & Schmidt, L.A. (2020). Behavioral inhibition and activation (BIS/BAS) among extremely low birth weight adult survivors: A 10-year prospective study. *Journal of Individual Differences*, 41, 190–198. <https://doi.org/10.1027/1614-0001/a000320>

4. **Hassan, R.**, Day, K.L., Van Lieshout, R.J., & Schmidt, L.A. (2019). Shyness, self-regulation, and cognitive problem solving in typically developing 4-year-olds: A pilot study. *Journal of Genetic Psychology*, 180, 62–74. <https://doi.org/10.1080/00221325.2019.1580246>
3. **Hassan, R.**, Mills, A.S., Day, K.L., Van Lieshout, R.J., & Schmidt, L.A. (2019). Relations among temperament, familial SES, and inhibitory control in typically developing four-year-old children. *Journal of Child and Family Studies*, 28, 950–958. <https://doi.org/10.1007/s10826-019-01329-4>
2. **Hassan, R.**, Poole, K.L., Schmidt, L.A., Saigal, S., & Van Lieshout, R.J. (2018). Emotion regulatory processes of extremely low birth weight survivors in their 30s. *Personality and Individual Differences*, 125, 133–139. <https://doi.org/10.1016/j.paid.2018.01.003>
1. **Hassan, R.**, Day, K.L., Van Lieshout, R.J., & Schmidt, L.A. (2018). Inhibitory control in typically developing preschoolers: Relations among temperament, respiratory sinus arrhythmia, and behavior at age 4. *Developmental Psychobiology*, 60, 862–874. <https://doi.org/10.1002/dev.21740>

Chapters and Encyclopedia Entries

Note. * indicates with equal contribution

5. Dozois, D. J. A., & **Hassan, R.** (In Press). Concepts of mental disorders throughout history. In D. J. A. Dozois (Ed.), *Perspectives in psychopathology* (8th ed.). Pearson.
4. ***Hassan, R.**, ***Poole, K.L.**, & Schmidt, L.A. (In Press). Shyness, social anxiety, and social anxiety disorder. In Hofmann, S.G., & DiBartolo, P.M. (Eds.). *Social anxiety: Clinical, developmental, and social perspectives* (3rd ed.). Waltham, MA: Academic Press/Elsevier.
3. Schmidt, L. A., **Hassan, R.**, Kong, X., MacGowan, T. L., & Poole, K. L. (2024). Childhood shyness: An exemplar of the interface of cognition and emotion in human development. In M. A. Bell (Ed.), *Child development at the intersection of emotion and cognition* (2nd ed., pp. 185–211). American Psychological Association. <https://doi.org/10.1037/0000406-010>
2. ***Hassan, R.**, ***Poole, K.L.**, & Schmidt, L.A. (2023). Shyness: Brain development and self-regulatory processes. In B. Halpern-Felsher & A. Nasab (Eds). *Encyclopedia of Child and Adolescent Health* (pp.180-184). Elsevier.
1. ***Hassan, R.**, ***MacGowan, T.L.**, & ***Poole, K.L.**, & Schmidt, L.A. (2021). Evolutionary and neuroscientific perspectives on adaptive shyness. In R.J. Coplan, J.C. Bowker, & L.J. Nelson (Eds). *Handbook of Solitude, 2nd Edition*. (pp. 16–30). New York: John Wiley & Sons. <https://doi.org/10.1002/9781119576457.ch2>

Manuscripts Submitted

Note. Student mentees underlined; *indicates with equal contribution

2. **Hassan, R.**, Lacroix, P.J., Smith, C.L., & Bell, M.A. (Revisions Invited). Co-development of reactivity and regulation in early childhood: Insights from context-specific versus global indices. *Child Development*.
1. Komar, M., Davids, A., Poole, K.L., **Hassan, R.**, & Schmidt, L.A. (Revisions Submitted). Retrospective bullying victimization and loneliness in undergraduates: Mediating role of emotion suppression. *Journal of Scandinavian Psychology*.

Funding

External

- | | |
|-----------|---|
| 2025-2030 | NSERC Discovery Grant (\$202,500 CAD)
<i>Learning to do things we don't want to do: Development of activation control across childhood</i>
Role: Principal Investigator |
| 2024-2026 | SSHRC Insight Development Grant (\$69,845 CAD)
<i>Temperamental and cognitive contributors to first-generation immigrant children's social functioning in Canada</i>
Role: Principal Investigator
Rank: 13/43 |
| 2023-2025 | Social Sciences and Humanities Research Council Postdoctoral Fellowship (\$90,000 CAD)³
<i>Emotion reactivity and regulation in middle childhood: Influence of family emotion dynamics</i>
Role: Principal Investigator
Rank: 4/64 |
| 2019-2022 | Vanier Canada Graduate Scholarship SSHRC (\$150,000 CAD)
<i>Shyness and self-regulation in preschoolers</i>
Role: Graduate Student Applicant
Rank: 26/172 |
| 2022 | Michael Smith Foreign Study Supplement (\$6,000 CAD)
<i>Longitudinal investigation of relations among various indices of inhibitory control across childhood</i>
Role: Graduate Student Applicant |
| 2021 | Donald Routh Dissertation Grant (\$2,500 USD)
<i>Longitudinal investigation of shyness, self-regulation, and observed peer dyadic interactions in preschoolers</i>
Role: Principal Investigator |
| 2021 | Elizabeth Munsterberg Koppitz Child Psychology Graduate Student Fellowship (\$10,346 USD)
<i>Longitudinal investigation of shyness, self-regulation, and observed peer dyadic interactions in preschoolers</i>
Role: Principal Investigator |
| 2020 | Patrice L. Engle Dissertation Grant in Global Early Child Development (\$5,000 USD)
<i>Children's temperament and development in Erbil, Kurdistan</i>
Role: Principal Investigator |
| 2018-2019 | Ontario Graduate Scholarship (\$15,000 CAD)
<i>Shyness and self-regulation in preschoolers</i>
Role: Graduate Student Applicant |
| 2017-2018 | Canadian Graduate Scholarship Master's SSHRC (\$17,500 CAD)
<i>Associations among Behavioural and Physiological Measures of Self-Regulation in Typically Developing 4-Year Old Children</i>
Role: Graduate Student Applicant |

³Declined

Internal

- 2026 **Faculty of Social Science Travel Grant** (\$2500 CAD)
Role: Principal Investigator
- 2024-2025 **Parr Centre for Thriving** (\$22,610 CAD)
Enhancing knowledge, belongingness, and coping skills in equity-deserving undergraduate students through supportive programming
Role: Collaborator
Principal Investigators: Elizabeth Hayden & Wolfgang Lehmann
- 2024-2025 **Western Strategic Support for SSHRC Success Seed Grant** (\$25,000)
Increasing familiarity to improve children's social relationships with peers
Role: Principal Investigator
- 2023-2024 **Western University Samuel Clark Research Fund** (\$5,000 CAD)
Temperamental contributors to first-generation immigrant children's socioemotional adjustment in Canada
Role: Principal Investigator
- 2022 **McMaster University Grant in Aid of Travel Research & Field Study Fund** (\$1,500 CAD)
Longitudinal investigation of relations among various indices of inhibitory control across childhood
Role: Graduate Student Applicant
- 2022 **McMaster University James F. Harvey and Helen S. Harvey Travel Scholarships** (\$1,000 CAD)
Longitudinal investigation of relations among various indices of inhibitory control across childhood
Role: Graduate Student Applicant
- 2022 **McMaster University Yates Scholarship Fund** (\$500 CAD)
Longitudinal investigation of relations among various indices of inhibitory control across childhood
Role: Graduate Student Applicant
- 2022 **GSA Travel Assistance Scholarship Award** (\$500 CAD)
Longitudinal investigation of relations among various indices of inhibitory control across childhood
Role: Graduate Student Applicant

Awards and Honours

- 2026 **Association for Psychological Science**
Rising Star
- 2024 **Early Career Scholar Travel Grant** (cost of airfare)
International Society for the Study of Behavioural Development
- 2023 **Governor General Gold Medal**
McMaster University
- 2022 **Travel Award** (\$350 USD)
International Society for Developmental Psychobiology
- 2021 **Travel Award** (\$147 USD)

International Society for Developmental Psychobiology

- 2020 **Dissertation Research Award** (\$1,000 USD)
American Psychological Association
- 2020 **Abstract Award** (\$65 USD)
International Society for Developmental Psychobiology
- 2019 **Sandra G. Wiener Student Investigator Award** (\$700 USD)
International Society for Developmental Psychobiology
- 2019 **The Bill Carment Memorial Scholarship in Social Development** (\$500 CAD)
McMaster University
- 2018 **Richard and Mary Pelling Scholarship in Psychiatry** (\$1,810 CAD)
Hamilton Health Sciences Foundation
- 2018 **Best Talk, Graduate Research Conference** (\$100 CAD)
McMaster University
- 2018 **Travel Award** (\$500 CAD)
McMaster University
- 2019 **Best Poster Graduate- Non-Clinical at Psychiatry Research Day** (\$150 CAD)
Department of Psychiatry
McMaster University
- 2018 **Travel Award** (\$500 CAD)
McMaster University
- 2017b **Travel Award** (\$500 CAD)
McMaster University
- 2017a **Travel Award** (\$500 CAD)
McMaster University
- 2016 **Undergraduate Student Research Award** (\$6,500 CAD)
McMaster University
- 2011 **President's Award Level IV** (\$2,500 CAD)
McMaster University
- 2011 **Queen Elizabeth II: Aiming for the Top Scholarship**
McMaster University
- 2011 **Max Rotman Humanitarian Award**
Anshe Shalom Temple
- 2011 **Diana MacSavaney Memorial Award**
Alpha Delta Kappa

Presentations

Invited Talks

6. **Hassan, R.** (2025, February). *Social and emotional development across different contexts*. Invited talk to Western Institute for Neuroscience Child Brain Health Collaboration Conference, Parkwood Institute, London, ON.
5. **Hassan, R.** (2024, December). *A cognitive developmental approach to the study of temperament and self-regulation*. Invited talk to the Psychology Department's Research Symposium, McMaster University, Hamilton, ON.
4. **Hassan, R.** (2024, June). *Self-regulation and shyness: A social developmental approach*. Invited talk at Cognitive Development and Neuroimaging Lab, Western University, London, ON.
3. **Hassan, R.** & Schmidt, L.A. (2023, March). Shyness, inhibitory control, and social support seeking in preschoolers: Role of familiar and unfamiliar contexts. In **R. Hassan** & K. L. Poole (Co-Chairs), *Temperament and social development across contexts*. Paper presented at the Eastern Psychological Association, Boston, MA.
2. **Hassan, R.** (2022, April). *The double-edged sword of inhibitory control in preschoolers*. Invited talk at Department of Psychology, Virginia Tech, Blacksburg, VA.
1. **Hassan, R.** (2022, February). *Inhibitory control, dyadic social behavior, and mental health difficulties in preschoolers*. Invited talk at Social Development Lab Meeting, University of Waterloo, Waterloo, ON.

Conference Talks

6. **Hassan, R.** & Schmidt, L.A. (2022, June). Inhibitory control, dyadic social behavior, and mental health difficulties in preschoolers. In **R. Hassan** (Chair), *Self-regulation across childhood: Temperamental, contextual, and interpersonal considerations*. Paper presented at Development, Calgary, AB.
5. **Hassan, R.** & Schmidt, L.A. (2022, June). Shyness and inhibitory control in preschool dyads: An actor partner model of social behavior. In T. Heffer (Chair), *Factors that affect social behavior among children, adolescents, and emerging adults with anxiety-related temperament styles*. Paper presented at Development, Calgary, AB.
4. **Hassan, R.,** & Schmidt, L.A. (2021, April). *Development of shyness across adolescence: Reactivity, regulation, or both?* Paper presented at Society for Research in Child Development 2021; virtual meeting due to COVID-19.
3. **Hassan, R.,** Poole, K.L., Niccols, A., & Schmidt, L.A. (2020, October). *Influence of maternal empathy and infant physiological regulation on trajectories of infant mental health*. Paper presented at International Society for Developmental Psychobiology 2020; virtual meeting due to COVID-19.
2. **Hassan, R.** & Schmidt, L.A. (2019, October). *Trajectories of behavioral avoidance in preschoolers*. Paper presented at International Society for Developmental Psychobiology 2019, Chicago, IL.
1. **Hassan, R.** & Schmidt, L.A. (2018, December). *Shyness, physiological regulation, and observed behaviour in preschoolers*. Talk presented at PNB Graduate Student Conference, Hamilton, ON.

Conference Posters

13. **Hassan, R.** & Schmidt, L.A. (2023, March). *A dyadic investigation of temperament and observed social behavior in preschoolers*. Poster presented at the Society for Research in Child Development 2023, Salt Lake City, UT.
12. **Hassan, R.**, & Schmidt, L.A. (2022, November). *Shyness and vagal regulation across contexts in preschoolers: A longitudinal cross-lagged investigation*. Poster presented at International Society for Developmental Psychobiology San Diego, CA.
11. **Hassan, R.**, Poole, K.L., Smith, A., Niccols, A., & Schmidt, L.A. (2022, July). *Temperamental and physiological regulatory capacity in infancy: Links with toddler problem behaviors*. Poster presented at International Congress of Infant Studies 2022, Ottawa, ON.
10. **Hassan, R.**, Poole, K.L., & Schmidt, L.A. (2021, November). *Development of effortful control across the preschool years: Influence of cardiac vagal withdrawal*. Poster presented at International Society for Developmental Psychobiology 2021; virtual meeting due to COVID-19.
9. Poole, K.L., **Hassan, R.**, & Schmidt, L.A. (2020, October). *Temperamental shyness, frontal EEG theta/beta ratio, and social anxiety in children*. Poster presented at International Society for Developmental Psychobiology 2020; virtual meeting due to COVID-19.
8. **Hassan, R.** & Schmidt, L.A. (2019, September). *Shyness and physiological vulnerability: Moderating role of attentional regulation*. Poster presented at Society for Research in Psychopathology 2019, Buffalo, NY.
7. **Hassan, R.** & Schmidt, L.A. (2019, March). *Shyness and cognitive performance in preschoolers: Role of physiological reactivity*. Poster presented at the Society for Research in Child Development 2019 Conference, Baltimore, MA.
6. **Hassan, R.** & Schmidt, L.A. (2018, October). *Linking shyness, physiological regulation, and observed behavior in preschoolers*. Poster presented at the International Society for Developmental Psychobiology 2018, San Diego, CA.
5. **Hassan, R.** & Schmidt, L.A. (2018, May). *Vagal withdrawal during a frustration task in 3-to-5 year old preschoolers' with conflicted shyness*. Poster presented at Development 2018: Canadian Developmental Psychology Conference, St. Catharine's, Ontario.
4. **Hassan, R.** & Schmidt, L.A. (2018, May). *Vagal withdrawal during a frustration task in 3-to-5 year old preschoolers' with conflicted shyness*. Poster presented at 30th Annual Psychiatry Research Day, Hamilton, ON.
3. **Hassan, R.**, Day, K.L., Van Lieshout, R.J., & Schmidt, L.A. (2017, May). *Facilitative private speech moderates the association between shyness and executive function*. Poster presented at American Psychological Society 2017 Conference, Boston, MA.
2. **Hassan, R.**, Day, K.L., Van Lieshout, R.J., & Schmidt, L.A. (2017, May). *Facilitative private speech moderates the association between shyness and executive function*. Poster presented at 29th Annual Psychiatry Research Day, Hamilton, ON.
1. **Hassan, R.**, Day, K.L., Mathewson, K.J., Van Lieshout, R.J., & Schmidt, L.A. (2017, April). *Associations among shyness, physiological regulation, and social and private speech in typically developing 4-year-olds*. Poster presented at Society for Research in Child Development 2017 Conference, Austin, TX.

Trainee Conference Presentations

Note. Student mentees underlined

10. Anderson, S. V., Schmidt, L. A., & **Hassan, R.** (2026, June). *The effects of parenting style on children's social and emotional behaviours during dyadic free play*. Poster presented at the International Society for the Study of Behavioural Development 2026 Biennial Meeting, Incheon, South Korea.
9. Gandhi, S. P., Schmidt, L. A., & **Hassan, R.** (2026, June). *Multiple pathways to group play: Role of shyness similarity in preschool dyads*. Poster presented at the International Society for the Study of Behavioural Development 2026 Biennial Meeting, Incheon, South Korea.
8. Gandhi, S. P., Schmidt, L. A., **Hassan, R.** (2026, June). *Behavioural and emotional changes during peer play: Concurrent and prospective links to shyness*. Poster presented at Development 2026: A Canadian Developmental Psychology Conference, Montreal, QC.
7. Lacroix, P. J., **Hassan, R.**, Smith, C. L., & Bell, M. A. (2026, June). Shy children's emotional and physiological responses to social disappointment. In P. J. Lacroix (Chair), *Longitudinal and dynamic examinations of emotion expression and regulation in children and adolescents*. Paper presented at the International Society for the Study of Behavioural Development 2026 Biennial Meeting, Incheon, South Korea.
6. Lacroix, P. J., Schmidt, L. A., **Hassan, R.** (2026, June). *Role of shyness and familiar others in emotional expressions of frustration*. Poster presented at Development 2026: A Canadian Developmental Psychology Conference, Montreal, QC.
5. Meddaoui, B., Schmidt, L. A., & **Hassan, R.** (2026, June). *Mother-child behavioural and affective responses to challenge: a dynamic systems approach* [Lightning talk]. Development 2026: A Canadian Developmental Psychology Conference, Montreal, QC.
4. Sangha, R., Schmidt, L. A., & **Hassan, R.** (2026, June). Brave enough to reach out: Moderating role of support seeking on shyness and physiological regulation. In R. Sangha (Chair), *Sources of physiological regulation in the context of negatively valenced emotions*. Paper presented at the International Society for the Study of Behavioural Development 2026 Biennial Meeting, Incheon, South Korea.
3. Sangha, R., Schmidt, L. A., & **Hassan, R.** (2026, June). *Emotional Concordance in Early Childhood: Dynamic Relations Between Expressed Emotions, Observed Behaviours, and Physiological Responses Across Contexts*. Poster Presentation at Development 2026: Canadian Developmental Psychology Conference, Montreal, QC.
2. Lacroix, P. J., **Hassan, R.**, Smith, C. L., & Bell, M. A. (2025, May). *Frustration is caring: A developmental investigation of frustration and engagement in early childhood*. Poster presented at the Society for Research in Child Development 2025 Biennial Meeting, Minneapolis, MN.
1. Sangha, R., **Hassan, R.** & Bell, M. A. (2025, May). *Shyness, inhibitory control, and attentional shifting in middle childhood*. Poster presented at the Society for Research in Child Development 2025 Biennial Meeting, Minneapolis, MN.

Knowledge Mobilization and Translation

Magazine Articles

Note. * indicates with equal contribution

2. Volpe, A. (2024, August 5) Raising a shy child? You can help them open up. *Vox*. <https://www.vox.com/even-better/365034/raising-a-shy-kid-you-can-help-them-open-up>
1. **Hassan, R.*** & Poole, K.L.* (2021, November 23). Childhood shyness can be advantageous – don't pathologise it. *Psyche Magazine*. <https://psyche.co/ideas/childhood-shyness-can-be-advantageous-dont-pathologise-it>

Media Coverage

1. Dolan, E.W. (2019, January 19). Biological factors associated with changes in personality in maltreated adolescent girls. *PsyPost*. <https://www.psypost.org/2020/01/biological-factors-associated-with-changes-in-personality-in-maltreated-adolescent-girls-55287>

Historical Research Experiences

2016-2023	Child Emotion Laboratory McMaster University MSc & PhD Student Supervisor: Dr. Louis Schmidt
2022	Cognition, Affect, and Psychophysiology (CAP) Laboratory Virginia Tech PhD Research Exchange Funded by Michael Smith Foreign Study Supplement Award Supervisor: Dr. Martha Ann Bell
2018-2019	Anxiety Treatment and Research Clinic (ATRC) St. Joseph's Healthcare PhD Research Project Supervisors: Dr. Randi McCabe and Dr. Karen Rowa

Teaching

Courses Taught

2025/2026	Introduction to Developmental Psychology (PSYCH2410)
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Guest Lectures

2022	An Unconventional Journey through Academia Perspectives in Psychology (2XF3) McMaster University
2021	Psychodiagnostic Assessment Psychometrics (3MT3) McMaster University
2020	Inhibitory control, dyadic social behavior, and mental health difficulties in preschoolers

Socioemotional Development (3JJ3)
McMaster University

2020 Development of shyness across adolescence: Reactivity, regulation, or both?
Adolescent Psychology (3AB3)
McMaster University

2017 Neurophysiological Measures in Psychology
Special Populations (3B03)
McMaster University

Supervisory and Mentorship

PhD Students Brianna Meddaoui⁴ (2025-current)

MSc Students Sera Gandhi (2025-current)
Pascale Lacroix (2024-current)
Raman Sangha (2024-current)

Clinical Practicum Student Supervision Karla Kovacek (Fall 2025)
Lauren McBay (Fall 2025)
Taylor Pratt (Fall 2025)
Lisa Zhu (Fall 2025)

Grace Golden (Fall/Winter 2024-25)
Fei Ying (Fall/Winter 2024-25)
Brianna Meddaoui (Summer 2024-2025)

Michelle Luszawski (Fall 2024)
Taylor Meiorin (Fall 2024)

Advisory and Examination Committees MSc Thesis Advisory
Sarina Rain (2025-present)
Fernando Chacon (2025-present)
Karina McKenzie (2024-present)
Taylor Pratt (2024-2025)

PhD Dissertation Advisory
Fei Ying (2025-present)
Gabriela Murphy (2024-present)
Kristi Baerg MacDonald (2024-2025)
Genevieve (Genny) Bianchini (2024-present)

MSc Examination Psychology
Taylor Pratt (2025)
Lisa Zhu (2025)
Bianca Iddiols (2024)

MSc Examination External

⁴Co-supervised with Dr. Lindsay Bodell

Olivia Cannella, Faculty of Education (2025)

PhD Examination External

Elizabeth Kuenzel, Faculty of Education (2025)

Comprehensive Examination Committee

Warda Chaudhry (2026)

Nadir Diaz Zimon (2024)

Undergraduate Thesis Students

Western University

2025-2026: Gabriela Magalhaes, Connie Tsai, Curtis Wagter

2024-2025: Alaya Bhimani, Hilary Guo

McMaster University

Jessica Lo (2022-2023), Madeline Komar (2021-2022), Arianna Davids (2021-2022), Amber Morrison (2020-2021), Venezia Prochilo (2020-2021), Zoe Thompson (2020-2021), Reihaneh Jamalifar (2020-2021), Meera Umasuthan (2019-2020), Emma Biancaniello (2018-2019), Natalie Stearns (2017-2018), Ann Shaw Mills (2016-2017), Rachael Adcock (2016-2017)

Staff

Western University

Zeinab Zammar (2024-present); Serena Anderson (2024-present)

McMaster University

Venezia Prochilo (2019-2020), Reihaneh Jamalifar (2019-2020), Erica Rodrigues (2018-2019), Jennifer Mullen (2018-2019), Ann Shaw Mill (2017-2018), Jhanahan Sriranjani (2017-2018), Sadie Neufeld (2017-2018), Richard Xu (2016-2017), Zahra Khalesi (2016-2017)

Volunteers

Katelyn Matsumoto (2024)

Rachel Scott (2022)

Undergraduate Summer Research Internship

Connie Tsai (2025); Curtis Wagter (2025)

Serena Anderson (2024); Maria Zangari (2024)

Recent Clinical Experiences

2026- **White Pine Psychology**
Psychologist
~One evening/ week

2023-2026 **Archways Centre for Cognitive Behavioral Therapy**
Psychologist
~One evening/ week

2022-2023 **The Royal Ottawa Foundation for Mental Health**
Psychology Resident

Supervisors: Dr. Kelsey Collimore, Andrew Lumb, Parastoo Jamshidi

2020-2023 **The Hamilton Center for Cognitive Behavioral Therapy (HCCBT)**
Clinical Psychology Student Therapist Under Supervision
Supervisor: Dr. Randi McCabe

2018-2019 **Anxiety Treatment and Research Clinic (ATRC)**
Practicum Student
Supervisors: Drs. Brenda Key, Karen Rowa, Jenny Hewitt, Lauren David

Professional Service

2025- **Society for Psychophysiological Research**
Planning Committee

2026- **Developmental Psychology**
Consulting Editor

2025-2026 **Developmental Psychology**
Editorial Fellow

Ad-Hoc Review (~15 manuscripts/year)

Anxiety and Depression; Child Development; Child Psychiatry and Human Development, Current Psychology, Developmental Psychobiology, Developmental Psychology, Developmental Psychopathology, Early Education and Development, European Journal of Developmental Psychology, Infancy, International Journal of Behavioral Development, Journal of Applied Developmental Psychology, Journal of Child and Family Studies, Journal of Early Childhood Research, Journal of Research in Personality, Personality and Individual Differences, Psychological Assessment, Technology in Society

Grant and Awards Review

2026 Dissertation Research Award
American Psychological Association (APA)

2024 Early Career Grant
Society for Research and Child Development (SRCD)

Departmental Committees

2024-2026 Performance Evaluation Review Committee
Western University

2024-2026 Faculty EDI Committee
Western University

2024-2026 Clinical Psychology Graduate Program Committee
Western University

2024-2026 Clinical Test Library Committee
Western University

July 2026

Raha Hassan

2023-2024 Workload Committee
Western University

2024 Grad Student Selection Committee
Western University

Internal Scholarship Reviews

2024-2025 CGS-M Scholarship Review

2024 CGS-D CIHR Scholarship Review

Other

2024-2026 Western Active Minds Chapter Advisor

Professional Memberships

Association for Psychological Science (APS), Canadian Psychological Association (CPA), International Society for the Study of Behavioural Development (ISSBD), Society for Research in Child Development (SRCD)