DANIEL PAUL SABA

SabaD@cua.edu • 269-267-0920 • linkedin.com/in/danielpsaba • Washington, D.C.

EDUCATION

Master of Arts in Psychological Science **May 2026** *anticipated*
The Catholic University of America, Washington, D.C.
Advisors: Brendan A. Rich, Hanseok Ko, & Chelsea Rae Kelly

Bachelor of Arts in Liberal Arts **May 2021**
Thomas Aquinas College, Santa Paula, CA
Advisor: Peter T. Knuffke

PUBLICATIONS

Manuscripts

Saba, D. P. & Kelly, C. R., (2025). *The communication divide: Exploring emotional self-disclosure and anxiety in Gen Z adults* [Manuscript available; in preparation for journal submission]. Department of Psychology, The Catholic University of America.

Rodriguez Gonzalez, M., **Saba, D. P.**, Callizo Romero, C., Martin, N., & Currier, J. *La perspectiva espiritual en la práctica de la psicoterapia en España e Hispanoamérica: Una asignatura pendiente* [Manuscript in preparation]. Department of Psychology, University of Navarra.

McGroarty, B., **Saba, D. P.**, Heffron, E., Oacan, K., & Degnan, K. A. *The effects of positive priming on emerging adults' body image* [Manuscript in preparation]. Department of Psychology, The Catholic University of America.

Casiano-Agosoto, F., Oliver, J., Heffron, E., **Saba, D. P.**, Fair, E., McDonald, J., & Degnan, K. A. *Individual characteristics in support of adaptive risk behavior in emerging adulthood* [Manuscript in preparation]. Department of Psychology, The Catholic University of America.

PRESENTATIONS

Academic Conferences

Saba D. P., Venutolo, J., Maita, C., Ponciano, D., & Rich, B. A. (Accepted 2026, March 6). *From human to AI: Emerging adults' changing views of emotional support in the digital age.* Abstract accepted for poster presentation at the American Psychological Association APA 2026 Conference, Washington, D.C., United States.

Saba, D. P., (2025, August 11). *The communication divide: Exploring emotional self-disclosure and anxiety in Gen Z adults* [Paper presentation]. American Sociological Association 120th Annual Meeting, Chicago, IL, United States.

Saba, D. P., (2025, April 2). *The communication divide: Exploring emotional self-disclosure and anxiety in Gen Z adults* [Poster presentation]. The Catholic University of America 10th Annual University Research Day, Washington, D.C., United States.

McGroarty, B., **Saba, D. P.**, Heffron, E., Oacan, K., & Degnan, K. A. (2025, June 4). *The effects of positive priming on emerging adults' body image* [Poster presentation]. Society for the Study of Emerging Adulthood 12th Conference on Emerging Adulthood, Charleston, S.C., United States.

Casiano-Agosoto, F., Oliver, J., Heffron, E., **Saba, D. P.**, Fair, E., McDonald, J., & Degnan, K. A., (2025, June 4). *Individual characteristics in support of adaptive risk behavior in emerging adulthood* [Poster presentation]. Society for the Study of Emerging Adulthood 12th Conference on Emerging Adulthood, Charleston, S.C., United States.

Professional Presentations

Saba, D. P. (2024, February). *2023 sourcing research and cost-savings analysis: Creative services.* Data-driven report integrating cost analytics and performance metrics [Presentation to senior leadership]. Strategic Sourcing Division, Elevance Health, Inc., Indianapolis, IN, United States.

Saba, D. P. (2023, February). *2022 sourcing research and cost-savings analysis: Creative services.* Data-driven report integrating cost analytics and performance metrics [Presentation to senior leadership]. Strategic Sourcing Division, Elevance Health, Inc., Indianapolis, IN, United States.

RESEARCH EXPERIENCE

Multimodal Artificial Intelligence Laboratory, Washington, D.C.   **Jan 2026 - Present**
Graduate Research Assistant
- Contribute behavioral science expertise to a multidisciplinary AI research team, operationalizing psychological constructs (e.g., emotional resonance, perceived confidence, authenticity) into computationally implementable specifications for AI-based communication feedback systems
- Define construct validity frameworks for an AI system designed to train therapists and nurses in clinical communication, identifying behavioral markers of active listening, empathic response, and appropriate pacing for computational modeling
- Advise on assessment and feedback design for a learn → practice → AI feedback training cycle, ensuring evaluations capture meaningful skill acquisition and that generated reports are credible, actionable, and motivating
- Examine ethical implications of AI-generated communication, with attention to psychological safety, cultural considerations, and accessibility for underrepresented populations

Child Cognition, Affect, and Behavior Laboratory, Washington, D.C.   **Aug 2025 - Present**
Graduate Research Assistant
- Lead the design and implementation of an experiment examining how exposure to artificial intelligence (AI) vs. human-generated supportive messages influences college students' perceptions of social support

- Assist in developing and refining stimuli and vignettes (e.g., distress disclosure) used to assess emotional informational and appraisal support
- Conduct coding and analysis of qualitative data to identify patterns in participants' support-seeking preferences and attitudes toward AI-mediated communication
- Collect survey data in school settings, including administering measures and conducting child assent procedures in accordance with IRB protocols

Positive Development Laboratory, Washington, D.C.   **Aug 2024 - Aug 2025**
Graduate Research Assistant
- Designed and piloted a new survey assessing adaptive and maladaptive risk behaviors in emerging adults, examining links with impulsivity, sensation-seeking, and personality traits; presented preliminary findings at the Society for the Study of Emerging Adulthood (SSEA) Conference
- Conducted an experimental study (N = 60) testing whether reflecting on positive experiences improves body image and self-perceptions; preliminary analyses showed large effects (d = .90) of positive reflection on photo self-descriptions, with results presented at SSEA
- Apply quantitative and qualitative methods (survey development, coding of linguistic data, statistical analyses) to investigate protective factors for youth and emerging adult well-being

Emotive Communications Laboratory, Washington, D.C.   **Aug 2024 - Aug 2025**
Graduate Research Assistant
- Led an independent project examining distress disclosure (DDI) and anxiety (GAD-7) in Gen Z adults (N = 144), finding that higher disclosure predicted lower anxiety ($\beta = -0.22$, $p = .009$)
- Conducted advanced quantitative analyses (linear and quadratic regression, reliability testing) and prepared findings for presentation at ASA and CUA conferences
- Draft a full scholarly manuscript linking disclosure-based communication skills to potential clinical applications for anxiety reduction

Elevance Health, Inc., Woodland Hills, CA   **May 2020 - Feb 2024**
Strategic Sourcing Research Analyst
- Extracted, cleaned, and synthesized large datasets from enterprise procurement systems (Domo, Ariba, ChromeRiver) to identify trends and performance metrics
- Conducted comparative analyses of supplier outcomes to test hypotheses about cost-effectiveness, service reliability, and risk exposure under varied sourcing conditions
- Created visual data representations (dashboards, charts, and graphics) for annual presentations to senior leadership, communicating complex datasets through clear, evidence-based insights

TEACHING EXPERIENCE

Graduate Teaching Assistant, *The Psychology of Thinking*   **Jan 2025 - May 2025**
The Catholic University of America, Washington, D.C.
Supervising Professor: Marc M. Sebrechts, Ph.D.
- Evaluated undergraduate assignments through the Brightspace, using critical judgment to assess content accuracy and conceptual understanding of cognitive psychology topics
- Collaborated with the instructor to refine grading rubrics and ensure consistency in assessment
- Identified patterns of conceptual misunderstanding and provided feedback to improve instruction

Graduate Teaching Assistant, *Social Interaction*   **Dec 2025** *anticipated*
The Catholic University of America, Washington, D.C.
Supervising Professor: Chelsea Rae Kelly, Ph.D.
- Consult with the instructor to address recurring student challenges in interpreting social and interpersonal processes
- Proctor final exams to support a structured testing environment
- Assist with final grading and documentation in accordance with department policies

Graduate Teaching Assistant, *Social Statistics*   **Dec 2025** *anticipated*
The Catholic University of America, Washington, D.C.
Supervising Professor: Chelsea Rae Kelly, Ph.D.
- Evaluate statistical problem sets and data interpretation assignments for accuracy and comprehension
- Deliver an in-class review lecture reiterating core statistical concepts and data analysis skills
- Proctor final exams to ensure adherence to academic integrity policies

CLINICALLY-RELEVANT EXPERIENCE

The Catholic University of America, Washington, D.C.   **Jun 2025 - Present**
Administrative Assistant III, Office of Student Affairs
- Serve as a primary point of contact within the Dean of Students Office for students seeking dean support due to psychological distress, including suicidal ideation, depression, and anxiety
- Assist students in moments of distress by providing supportive communication and facilitating referrals to counseling, disability services, and health services
- Support psychoeducational initiatives addressing alcohol and other drug use, sexual assault awareness, ethical decision-making, and healthy coping

Crisis Text Line, Washington, D.C.   **Jul 2025 - Present**
Crisis Counselor
- Completed crisis intervention training in active listening, suicide risk assessment, and active de-escalation prior to live service
- Provide supportive listening, crisis management, and problem-solving support to adolescent and adult texters presenting with depression, suicidal ideation, loneliness, and relationship distress
- Develop safety plans for individuals with suicidal thoughts and refer texters to local resources

PROFESSIONAL EXPERIENCE

The Catholic University of America, Washington, D.C.   **Aug 2024 - May 2025**
Graduate Assistant, The Center for Academic and Career Success
- Assisted students in navigating academic and personal challenges, using active listening and referral skills to connect them with appropriate support services
- Coordinated workshops and outreach on topics such as stress management, goal-setting, and career readiness, contributing to students' holistic development
- Collaborated with counselors and faculty to enhance student engagement, retention, and resilience through individualized support and programming

Willis Law, Kalamazoo, MI   **Feb 2025 - Aug 2025**
Legal Assistant, Personal Injury
- Reviewed and summarized psychologists' Independent Medical Examination (IME) reports, identifying key diagnostic information and treatment recommendations for case analyses
- Interpreted and organized clinical notes, psychological assessments, and behavioral observations to support litigation strategy in personal injury and psychological trauma cases
- Managed data migration to a new case-tracking software system, ensuring accuracy, confidentiality, and compliance with HIPAA and legal documentation standards

HONORS & AFFILIATIONS

Psi Chi, The International Honor Society in Psychology
The Catholic University of America Chapter, Treasurer and Member

Pi Gamma Mu, The International Honor Society in Social Sciences
The Catholic University of America Chapter, Member

Society for the Study of Emerging Adulthood
Graduate Student Member

National Latino/a Psychological Association
Graduate Student Member

The American Psychological Association
Student Member, Divisions: Clinical Psychology; Clinical Child & Adolescent Psychology; Media Psychology & Technology; Personality & Social Psychology; Addiction Psychology

The American Sociological Association
Student Member, Sections: Social Psychology; Sociology of Mental Health

CITI (Collaborative Institutional Training Initiative)
Social & Behavioral Research Course. Completed 10/02/2024. (Valid through 10/02/2027.)
Good Clinical Practice Course. Completed 09/28/2024. (Valid through 09/28/2027.)

Other Skills: Fluent in Spanish; Proficient in Qualtrics, SPSS, JASP, Stata, and Domo; Experienced in Brightspace LMS, Microsoft Excel (advanced); other data visualization tools

REFERENCES

Brendan A. Rich, Psychology Dept. Chair
The Catholic University of America
(202) 319-5823, richb@cua.edu

Kathryn A. Degnan, Prof. of Psychology
The Catholic University of America
(202) 319-4621, degnank@cua.edu

Chelsea Rae Kelly, Asst. Prof. of Sociology
The Catholic University of America
(202) 319-5903, kellyche@cua.edu

Hanseok Ko, Prof. of Artificial Intelligence
The Catholic University of America
koha@cua.edu