

# SHEETAL KANDOLA

+1 (228) 627-2291 (USA) +91 8264504486 (INDIA)

sheetalkandola@gmail.com

## EDUCATION

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**Indian Law Society (ILS) College & World Health Organization** **Online Distance Learning**  
International Diploma in Mental Health, Human Rights and Law **2017-2018**

**London School of Hygiene and Tropical Medicine & King's College London (Joint Program)** **London, UK**  
**Master of Science, Global Mental Health** **2013-2015**

- Relevant Coursework: Psychiatric Epidemiology, Statistical Methods in Epidemiology, Economic Evaluation of Mental Health Interventions, Scaling Up Mental Health Care Services, Drugs & Alcohol in Public Health
- Dissertation: *Psychosocial Interventions for Children in Post-Conflict Settings: The Case of Parent Teacher Associations (PTAs) in Burundi*

**Emory University** **Atlanta, GA**  
Bachelor of Arts in Social Sciences, Major: Anthropology & Human Biology **2007-2011**

## EXPERIENCE

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**Research Fellow** **Chandigarh, India**  
**Post-Graduate Institute of Medical Education and Research (PGIMER)** **May 2017-Present**

- Assisted in creating a research study examining the prevalence of adolescent problem behaviors
- Collaborated in designing interventions focused on school based mental health in North India
- Managed a team of 5, held weekly meetings and ensured the quality of the projects
- Collected, organized and analyzed data for scientific reporting for ICMR (Indian Council of Medical Research)

**Clinical Research Intern** **Chon Buri, Thailand**  
**Safe House Thailand** **Feb-April 2017**

- Created a database for patient in-take on pre and post psychometric testing outcomes
- Assisted in creating and managing a recovery program for people with addiction problems
- Taught and conducted workshops on psychoeducation, yoga and meditation
- Gained clinical experience by conducting group sessions and holding one on one sessions with patients

**Research Consultant** **Klecany, Czech Republic**  
**National Institute of Mental Health (NIMH)** **Sept 2016-Jan 2017**

- Administered and conducted data for collection and analysis in the Health Innovations section of the Social Psychiatry Research Group
- Collaborated and developed papers addressing mental healthcare problems and services in the Czech Republic

**Manager & Owner** **Manali, India**  
**Manali Yes Please & Chandra Cottage** **May 2016 – August 2016**

- Managed a staff of 10 employees while assisting with daily operations and business strategy in order to drive revenue for a locally owned café & wellness center.
- Initiated an online booking and social media campaign utilizing various platforms, which resulted in approximately 20% increase in monthly revenue and had a significantly higher engagement level of existing customers.

**Project Manager & Research Specialist** **Goa, India**  
**Addictions Research Group (ARG) at Sangath** **July 2015 – May 2016**

- Monitored and evaluated the clinical, admin and research aspects of two major global mental health research projects funded by Grand Challenges Canada (GCC) in India. CONTAD (Community Oriented Non-Specialist Treatment for Alcohol Dependency) aimed to deliver home detoxification and home based relapse prevention therapy using lay health workers in rural Goa. SAFE (Supporting Addiction Affected Families Effectively) aimed to provide family members dealing with addiction problems in their families, home-based psychotherapy delivered by lay health workers.

- Implemented the use of a project management tool, to communicate, collaborate and connect.
- Trained researchers to use Microsoft Excel & SPSS for data entry & analysis and STAR (a questionnaire designing software) to create questionnaires in order to screen patients on tablets.
- Organized, led and chaired weekly team meetings with staff to present summary reports of the projects, clarify tasks and goals & promote team morale.
- Created databases in Excel and Access. Analyzed quantitative data using SPSS and presented flow charts to the team fortnightly displaying an overall picture of how many patients the team made contact with, screened and recruited.
- Developed resource materials to train lay health workers (LHWs) delivering counseling sessions. Created information sheets on alcoholism, drug use, domestic violence, and seeking help for potential patients. Sheets included general information on the topics, how to recognize problems, where to seek help, and emergency contact information.

**Manager & Healthcare Operator**

**Atlanta, GA**

**Premier Medical Connection (PREMEDEX)**

**Jan 2012- Dec 2012**

- Collected and organized data using surveys on patient's experience in hospitals after they had been discharged. I created visual representations on major areas of improvement for hospitals including: the most cited complaints of the patients, the patient's overall satisfaction of hospital's service, and re-admit percentages.
- Created and implemented a quality assurance manual for training new employees who had been hired to carry out calling patients and asking them for their feedback.
- Aided company in marketing within the healthcare field by developing a website, creating a social media platform, and calling CEOs in hospitals to pitch the business model.

**Mental Healthcare Researcher**

**Atlanta, GA**

**Lani Walsh, LLC**

**March 2012-December 2012**

- Conducted psychological assessments for patients entering treatment using the AUDIT (Alcohol Use Disorders Identification Test). Employed Motivational Interviewing (MI) for Alcohol Use Disorders (AUD) for adults with substance abuse problems under supervision.

**EXTRACURRICULARS**

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**Student representative for the Global Mental Health Master's program at the London School of Hygiene and Tropical Medicine and King's College London (2013-2015).**

**Counselor & Volunteer at Unique Home for Girls Orphanage Home, Amritsar (India)**

- Conducted psychological assessments (SDQ) and provided counseling services for adolescents under supervision of a psychologist.
- Organized and delivered workshops on leadership and life skill development. Provided educational material on alcoholism, domestic violence, help seeking and general mental health hygiene

**Healthcare Leader at Connect Youth, Udaipur (India)**

- Provided counseling services for children, and conducted classroom based workshops on life skills for children. Conducted prevalence assessments with pregnant ladies in a rural village.

**Data Analyst Intern, Center for Comprehensive Informatics (Emory University) , Atlanta, GA**

- Created and organized a database using Protégé for Emory University hospital on reasons for patients re-admits to the Emergency Room.

**PERSONAL**

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- RYT 500 Certified Yoga Teacher & Certified Tennis Instructor
- CPR & BLS trained and certified, (infant and adult)
- Fluent in English, Hindi and Punjabi and Conversational in Spanish, Italian & French
- Proficient using Microsoft Office (Access, PowerPoint, Word & Excel)
- Trained using data analysis software for quantitative data (SPSS & STATA) and qualitative data (NVivo)