

SYDNEY E. PHLEGAR

Curriculum Vitae
New York University
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EDUCATION

<i>New York University</i>	2023 – 2028 (projected)
PhD in Social Psychology Concentration in Quantitative Psychology GPA: 4.0/4.0 Primary Advisor: Dr. Tessa West	
<i>University of Michigan–Ann Arbor</i>	2019 – 2023
B.A. in Psychology, with Honors and Distinction Minor in Statistics GPA: 3.93/4.0 Thesis Advisor: Dr. Robin Edelstein	

AWARDS, FELLOWSHIPS, AND GRANTS

Summer Research Fellowship, NYU (\$6000)	2024
Dean's Supplementary Fellowship Grant, NYU (\$1000)	2023
Engberg Fellowship, NYU (\$1000 to top incoming PhD student)	2023
Henry M. MacCracken Fellowship, NYU (~\$33000/year)	2023 – Present
Psychology Conference Travel Award, UMich (\$200)	2023
LSA Honors Grant, UMich (\$300)	2022
James B. Angell Scholar, UMich	2021 – 2023
University Honors, UMich	2019 – 2023

PUBLICATIONS

- Besculides, M., Gorbenko, K.O., **Phlegar, S.**, Freeman, R., Wilson, S., & Mazumdar, M. (2023). Implementing a Machine Learning Screening Tool for Malnutrition: Insights from Qualitative Research Applicable to Other Machine Learning-Based Clinical Decision Support Systems. *Journal of Medical Internet Research*. 2023; 7: e42262, <https://doi.org/10.2196/42262>
- Gorbenko, K.O., Mohammed, A., Ezenwafor, E., **Phlegar, S.**, Healy, P., Solly, T., Nembhard, I., Xenophon, L., Smith, C., Freeman, R., Reich, D., & Mazumdar, M. (2022). Innovating in a Crisis: A Qualitative Evaluation of a Hospital and Google Partnership to Implement a COVID-19 Inpatient Video Monitoring Program. *Journal of the American Medical Informatics Association*. 2022; ocac081, <https://doi.org/10.1093/jamia/ocac081>

Gorbenko, K.O., Riggs, A.R., Koeppel, B., **Phlegar, S.**, Dubinsky, M.C., Ungaro, R., & Keefer, L. (2022). Photovoice as a tool to improve patient—Provider communication in inflammatory bowel disease clinic: A feasibility study. *Journal of Evaluation in Clinical Practice*. 2022; 28: 159-168. <https://doi.org/10.1111/jep.13609>

MANUSCRIPTS UNDER REVIEW & IN PREPARATION

* indicates joint first authorship

Phlegar, S. E., & West, T. V. (in prep). Pronoun usage predicts unanimity, but not accuracy, in Hidden Profile groups.

del Rosario, K. S.*, **Phlegar, S. E.***, & West, T. V. (in prep). AI in interpersonal research: Rethinking how we study social processes and relationships.

Phlegar, S. E., & West, T. V. (in prep). From dyad to network: Assessing physiological and nonverbal mechanisms of successive stress contagion.

Phlegar, S. E., Dumitru, O. D., Thorson, K. R., & West, T. V. (in prep). Sharing unique perspectives in groups: What works for old-timers backfires for newcomers, regardless of their status.

Phlegar, S. E., & West, T. V. (in prep). Perceptual and affective experiences during socially awkward encounters.

BOOK CHAPTERS

Phlegar, S. E., del Rosario, K. S., & West, T. V. (in press). Dyadic Data Analysis: Current Issues and Directions. To appear in Vangelisti, A., L., Perlman, D., & Sprecher, S., (Eds). *The Cambridge Handbook of Personal Relationships (3rd Edition)*. Cambridge University Press

CONFERENCE TALKS

Phlegar, S. E. (presenter) & West, T. V. (May 9, 2025). Perceptual and Affective Experiences During Socially Awkward Interactions. Data Blitz at the Six College Conference, New York University, New York, New York.

Gorbenko, K. O., **Phlegar, S. (presenter)**, Mazumdar, M., Szigethy, E., & Keefer, L. (September 12-14, 2022). Identifying the key components of running a successful IBD medical home: a qualitative study comparing two IBD homes in the United States. Presentation at Organizational Behavior in Healthcare Conference, University of Birmingham, Birmingham, United Kingdom.

CONFERENCE POSTERS

Phlegar, S. (presenter) & West, T. V. (March 3, 2024). Affective Experiences During Socially Awkward Encounters. Poster presentation at Society for Affective Science (SAS) Annual Conference, New Orleans, Louisiana.

Phlegar, S. (presenter) & West, T. V. (February 8, 2024). Perceptual and Perseverative Effects of Awkward Interactions. Poster presentation at Society for Personality and Social Psychology (SPSP) Annual Convention, Emotion Preconference, San Diego, California.

Phlegar, S. (presenter), Edelstein, R., & Ascigil, E. (February 25, 2023). Stress and Co-Parenting Relationships: Using Language Style Matching as an Indicator of Extra-Dyadic Stress and Team Problem Solving. Poster presentation at Society for Personality and Social Psychology (SPSP) Annual Convention, Atlanta, Georgia.

Besculides, M., Gorbenko, K. O., **Phlegar, S.**, Freeman, R., Wilson, S., & Mazumdar, M. (June 5, 2022). Implementing a Machine Learning Screening Tool for Malnutrition: Lessons Learned Applicable to Other ML Tools. Poster presentation at Academy Health 2022 Annual Research Meeting, Walter E. Washington Convention Center, Washington, District of Columbia.

Gorbenko, K. O., Riggs, A., **Phlegar, S.**, Koeppel, B., Dubinsky, M., Ungaro, R., & Keefer, L. (January 2021). PHOTOVOICE AS A TOOL TO IMPROVE PATIENT - PROVIDER COMMUNICATION IN INFLAMMATORY BOWEL DISEASE CLINIC: A PILOT OF FEASIBILITY STUDY. Poster presentation at Crohn's & Colitis Foundation of America, online.

PUBLISHED ABSTRACTS

Gorbenko, K. O., Riggs, A., **Phlegar, S.**, Koeppel, B., Dubinsky, M., Ungaro, R., & Keefer, L. (2021). Photovoice as a tool to improve patient—Provider communication in inflammatory bowel disease clinic: A feasibility study. *Gastroenterology*, S73-S74. <https://doi.org/10.1053/j.gastro.2021.01.179>

Gorbenko, K. O., Riggs, A., **Phlegar, S.**, Koeppel, B., Dubinsky, M., Ungaro, R., & Keefer, L. (2021, January). PHOTOVOICE AS A TOOL TO IMPROVE PATIENT - PROVIDER COMMUNICATION IN INFLAMMATORY BOWEL DISEASE CLINIC: A PILOT OF FEASIBILITY STUDY. *Inflammatory Bowel Diseases*, Volume 27, Issue Supplement 1, January 2021, Page S54, <https://doi.org/10.1093/ibd/izaa37.128>

INVITED TALKS

Barnard College, Department of Psychology, June 2024

Title: Perceptual and Affective Experiences During Socially Awkward Encounters
Icahn School of Medicine, Tools in Qualitative Research in Clinical and Translational Science, October 2022

Title: Identifying the key components of running a successful IBD medical home: A qualitative study comparing two IBD homes in the United States

REVIEWING EXPERIENCE

Ad-Hoc Reviewer: *Journal of General Internal Medicine*; *Journal of Health Psychology*; *Crohn's & Colitis* 360; *Patient Education and Counseling* (x3); *Clinical Gastroenterology and Hepatology*; *Journal of Child and Family Studies*; *Journal of the Canadian Association of*

Gastroenterology (x2); *WORK: A Journal of Prevention, Assessment & Rehabilitation*; *International Journal of Behavioral Medicine*; *Digestive Diseases and Sciences*; *Telemedicine and e-Health Journal* (x2); *New England Journal of Medicine Catalyst* (x3); *Organizational Behavior in Healthcare Conference*

OTHER RESEARCH

Phlegar, S., Edelstein, R., & Ascigil, E. (2023). Stress in Co-Parenting Relationships: Using Language Style Matching as a Potential Indicator of Extra-Dyadic Stress and Team Problem Solving [Bachelor's Thesis].
<https://deepblue.lib.umich.edu/handle/2027.42/191207>

TEACHING EXPERIENCE

Personality, NYU

Instructor of Record

Summer 2025

Average Evaluation: 4.8/5

Social Psychology, NYU

Teaching Assistant (Instructor: Dr. Peter Gollwitzer)

Fall 2025

Teaching Assistant (Instructor: Dr. Peter Gollwitzer)

Fall 2024

Average Evaluation: 4.86/5

Student Feedback:

- “Amazing recitation leader!!! Very helpful and kind with all questions and assignments. Definitely helped me become more confident in knowing social psych content.”
- “Sydney is highly approachable and knowledgeable about the course content. She treats her students with both professionalism and warmth, making herself available to discuss everything from course material to personal concerns.”
- “Sydney made learning psychology fun; it was a class I genuinely enjoyed attending because of how much I learned, and because of how engaging she was as a teacher.”
- “Sydney has been incredibly caring and responsible. I really enjoyed the recitation with her and I don’t think I can manage through the semester without her. She’s the best in the world. I hope everything goes well in her life just like how I felt from her.”
- “I LOVE SYDNEY’S CLASSES.”
- “Exactly what I want in a recitation instructor.”

Research Methods in Psychology, UMich

Grader (Instructor: Dr. Julie Boland)

Winter 2023

RESEARCH INTERESTS

- Interpersonal Interactions and Perceptions
- Conversation
- Dyadic Processes
- Stress and Emotions
- Organizations and Management
- Psychophysiology

- Natural Language Processing (NLP)

RELEVANT TECHNICAL SKILLS

Qualtrics, R, Microsoft Office, Python, SPSS, NVivo 11

ADVANCED STATISTICAL TRAINING AND WORKSHOPS

<i>Science Communication</i>	2025
NYU Workshops: Taught by Robin Lloyd	
<i>Interpersonal Synchrony: Introduction to Methods and Analysis</i>	2025
SMaRT Workshops: Taught by Amie Gordon & Katherine Thorson	
<i>Advanced Topics in Dyadic Longitudinal Data Analysis Workshop</i>	2024
SMaRT Workshops: Taught by Amie Gordon & Katherine Thorson	
<i>Dyadic Longitudinal Data Analysis Workshop</i>	2023
Pittsburgh Summer Methodology Series: Taught by Amie Gordon & Katherine Thorson	

PROFESSIONAL MEMBERSHIPS

Society for Affective Science	2024 – Present
Society for Personality and Social Psychology	2022 – Present
Society for Studies in Organizing Healthcare	2022 – Present
Psi Chi	2021 – Present

MENTORSHIP

<i>Honors Thesis Students</i>	
Gulsu Cakir, NYU	2025 – Present
Melany Casique-Cruz, NYU	2025 – Present
Renata Elizalde Carrillo, NYU	2024 – 2025
Ariana Wahab, NYU	2024 – 2025
<i>Grants</i>	
Dean's Undergraduate Research Fund - Julie Chen (\$1250)	Spring 2025
Dean's Undergraduate Research Fund - Mahua Shah (\$1250)	Spring 2025
Dean's Undergraduate Research Fund - Eshita Kalidindi (\$1250)	Fall 2023
Dean's Undergraduate Research Fund - Cheryn Ryoo (\$1250)	Fall 2023
Dean's Undergraduate Research Fund - Naia DeJesus (\$1250)	Fall 2023
Dean's Undergraduate Research Fund - Ariana Wahab (\$1250)	Fall 2023

SERVICE

Six College Conference Coordinator, NYU	2024 – 2025
Social Ambiance Committee, NYU	2024 – 2025
Cohort Representative, NYU	2023 – 2024