

YAAKOV OPHIR, PH.D.

Scientist Practitioner (Clinical Psychology)

Technion – Israel Institute of Technology, Hebrew University of Jerusalem

213 Nofei Prat, Israel

Telephone: 972-525633265 / e-mail: yaakov.ophir@mail.huji.ac.il

EDUCATION

- 2017 – Present Technion – Israel Institute of Technology and the Hebrew University of Jerusalem
Post-Doctoral fellowship
Computerized Algorithm for Automated Detection of Distress
- 2012 – 2017 Hebrew University, Jerusalem. School of Education
Doctor of Philosophy, Clinical Child Psychology
Adolescents' Distress on Social Media
Supervisors: Prof. Baruch Schwartz and Dr. Christa Asterhan
- 2009 – 2011 Hebrew University, Jerusalem. School of Education
M.A. in Educational and Clinical Child Psychology
Summa Cum Laude
- 2004 – 2008 Hebrew University, Jerusalem. Social sciences
B.A. Major: Psychology; Minor: Interdisciplinary Studies
Summa Cum Laude

APPOINTMENTS & MEMBERSHIPS

- 2016 – 2017 Hebrew University, Jerusalem. School of Education
Lecturer (Introduction to Psychology)
- 2016 – 2017 The Annual Israeli Suicide Research Symposium (ISRS)
Member of the Scholarships' Judging Committee
- 2014 – 2015 Hebrew University, Jerusalem
Representative of the PhD students at the Hebrew University Senate
- 2012 – 2015 ISEF Foundation
Fellowship at the doctoral leadership program
- 2012 – 2014 Hoffman Leadership & Responsibility Program,
Fellowship at the doctoral program

AREAS OF SPECIALIZATION & INTEREST

Research	Computational psychology; Social networking technologies; Web-based research methodology; Big-data. Depression; Anxiety; Social anxiety; Suicide; Adolescents; Psychotherapy research
Teaching	Introduction to psychology (including most subtopics of psychological science); Psychopathology (focus on depression); Developmental psychology (focus on adolescence); Cyber-psychology
Clinical	Integration of Psychodynamic therapy and Cognitive-behavioral interventions; Evidenced based therapies; Treatment of mood disorders

RESEARCH GRANTS

2017 – 2019	KAMIN – Advancing Applied Research – Israel Innovation Authority, Ministry of Economy and Industry Role: Initiator and Project coordinator <u>PI's:</u> Christa Asterhan, Roi Reichart, Baruch Schwarz <u>Title:</u> Automated Detection of Distress from Social media <u>Funding Period:</u> September 2017 – September 2019 <u>Total Awards:</u> 1,320,000 NIS
-------------	--

SCHOLARSHIPS & AWARDS

2014 – 2017	Hebrew University, Jerusalem Presidential Scholarship for Academic Excellence
2017	Tel Aviv University The Ilan Hamel Award for Academic Innovation and Social Contribution
2014	The annual Israeli Suicide Research Symposium (ISRS) Doron Asaf Scholarship for Outstanding Research on Suicide
2013	Scientific Poster Competition, Israeli Association for Behavioural and Cognitive Psychotherapy - First prize

2009 ISEF Foundation - **Certificate of commendation**

2005 Hebrew University, Jerusalem
Dean's List. Faculty of Social Sciences

PROFFESIONAL CERTIFICATIONS

15.1.2018 Ministry of Health
Expertise in clinical psychology

14.11.2011 Ministry of Health
Registered Psychologist (#27-118144)

TRAINING & WORK EXPERIENCE

2018 – Present Mental health Center of Megilot-Dead Sea municipality
Clinical Psychologist and the Director of the "360 National Program for Children and Youth" of Megilot

2014 – 2017 Maane: Adolescent Counseling Center, Jerusalem Municipality
Clinical psychology intern

2014 – 2015 Dept. of Social Media, Youth Division, Jerusalem Municipality
Psychologist

2013 – 2014 Herzog Hospital, Long-term Psychiatric Department (Adults)
Clinical psychology intern

2011 Mishmar Ha'am, Mental health clinic, Jerusalem
Practicum in clinical child psychology, Hebrew University

2010 Psychological educational service, South Jerusalem
Practicum in educational psychology, Hebrew University

2009 Psychological educational service, North Jerusalem
Practicum in educational psychology, Hebrew University

2009 Youth-at-risk association, Neve Yaakov, Jerusalem
Psychological group intervention for endangered youth

PUBLICATIONS

- **Ophir, Y.**, Tikochinski, R., & Rosenberg, H. (2019). Challenging the Association Between Screen Time and Cognitive Development. *JAMA Pediatrics*. doi:10.1001/jamapediatrics.2019.2246
- **Ophir, Y.**, Lipshits-Braziler, Y., & Rosenberg, H. (2019). New-Media Screen Time is Not (Necessarily) Linked to Depression: Comments on Twenge, Joiner, Rogers, and Martin (2018). *Clinical Psychological Science*. <https://doi.org/10.1177/2167702619849412>
- **Ophir, Y.**, Asterhan, C. S. C., & Schwarz, B. B. (2019). The digital footprints of adolescent depression, social rejection and victimization of bullying on Facebook. *Computers in Human Behavior*, 91, 62-71. doi:https://doi.org/10.1016/j.chb.2018.09.025
- Rosenberg, H., **Ophir, Y.**, & Asterhan, C. S. C. (2018). A virtual safe zone: Teachers supporting teenage student resilience through social media in times of war. *Teaching and Teacher Education*, 73, 35-42. doi:https://doi.org/10.1016/j.tate.2018.03.011
- **Ophir, Y.**, Asterhan, C. S. C., & Schwarz, B. B. (2017). Unfolding the notes from the walls: Adolescents' depression manifestations on Facebook. *Computers in Human Behavior*, 72, 96-107. doi:http://dx.doi.org/10.1016/j.chb.2017.02.013
- **Ophir, Y.** (2017). SOS on SNS: Adolescent distress on social network sites. *Computers in Human Behavior*, 68, 51–55. doi:http://dx.doi.org/10.1016/j.chb.2016.11.025
- Schwarz, B. B., Cohen, I., & **Ophir, Y.** (2017). The Epidemic Effect of Scaffolding Argumentation in Small Groups to Whole-Class Teacher-Led Argumentation. In *Interpersonal Argumentation in Educational and*

Professional Contexts (pp. 95-115): Springer. doi: 10.1007/978-3-319-59084-4_5

- **Ophir, Y.**, Rosenberg, H., Asterhan, C. S. C., & Schwarz, B. B. (2016). In times of war, adolescents do not fall silent: teacher–student social network communication in wartime. *Journal of Adolescence*, 46, 98–106. doi:http://dx.doi.org/10.1016/j.adolescence.2015.11.005
- **Ophir, Y.**, & Mor, N. (2014). If I only knew why: The relationship between brooding, beliefs about rumination, and perceptions of treatments. *Behavior Therapy*, 45(4), 553–563. doi:10.1016/j.beth.2014.03.004

PROFESSIONAL CONFERENCES

- 2017 "To Understand in order to Prevent" The Annual Israeli Suicide Research Symposium.
Guest lecturer.
- 2015-2017 Brain Gain: 2017 – The Multidisciplinary Conference for PhD Students, Hebrew University.
Founder and head organizer - The conference serves as a platform for interdisciplinary cooperation amongst PhD students.
- 2015 Rosenberg, H., **Ophir, Y.**, Asterhan, C. S. C., & Schwarz, B.B. (2015) “The role of Teacher-student social network contact during wartime: A mixed method approach”. Paper presented in the 10th CHAIS Conference for Innovation in Learning Technologies, The Open University, Tel-Aviv.
- 2015 **Ophir, Y.**, Rosenberg, H., Asterhan, C. S. C., & Schwarz, B. B. (2015). In times of war, adolescents do not fall silent: teacher–student social network communication in wartime. Poster presented in the Annual Conference of the European Association for Behavioral and Cognitive Therapies (EABCT), Jerusalem.
- 2015 **Ophir, Y.**, Rosenberg, H., Asterhan, C. S. C., & Schwarz, B. B. (2015). In times of war, adolescents do not fall silent: teacher–student social network communication in wartime. Poster

presented in the International Convention of Psychological Science (ICPS), Amsterdam.

- 2014 A Practitioners Seminar - "Teachers in the virtual world: Ethical and Psychological Perspectives", Jerusalem Municipality
Host and Moderator
- 2014 Panel discussion on Identification and prevention of distress among adolescents in social media. Conference on Social Networks, Education, and Learning, School of Education, Hebrew University, Jerusalem
Panel Chairperson
- 2013 **Ophir, Y., & Mor, N.** "Too much thinking?! Rumination, brooding and beliefs about rumination as predictors of treatment choice for depression". Poster presented in the annual conference of the Israeli Association of Behavioral and Cognitive Psychotherapy, Akko, Israel.
- 2012 **Ophir, Y., & Mor, N.** "Too much thinking?! Rumination, brooding and beliefs about rumination as predictors of treatment choice for depression". Poster presented in the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), National Harbor, Washington, US.

Publication in Hebrew

- **Ophir, Y., Asterhan, C. S. C., & Schwarz, B. B.** (2017). Detection, Prevention, and Treatment of Adolescents' Distress on Social Media: A Literature Review. In: B. B. Schwarz, H. Rosenberg & C. S. C. Asterhan, (Eds.), *Breaking down barriers? Teachers, students and social network sites*. MOFET books. (Hebrew).
- Rosenberg, H., **Ophir, Y., & Asterhan, C. S. C.** (2017). Building Adolescent Resilience: Teacher-Student Social Network Communication in times of political violence. In: B. B. Schwarz, H. Rosenberg & C. S. C. Asterhan,

(Eds.), *Breaking down barriers? Teachers, students and social network sites*.
MOFET books. (Hebrew).

NON-FORMAL EDUCATION and NGO'S

- 2009 Shekel. A community non-profit organization for people with special needs, Jerusalem
Counselor at hostel for the mentally disabled
- 2005 – 2007 The Jewish Agency, Zionist Seminar Division
Four-time delegate to England, Bulgaria and the US
- 2003 – 2005 The Jewish Agency, Overseas Summer Camp Division
Division Head, counselor
- 2004 Alexander Moss American School in Israel
Seminar for high school seniors on Judaism and Zionism
Counselor
- 2003 The Jewish Agency, Summer Camp, South Africa
Counselor

ADDITIONAL WORK EXPERIENCE

- 2008 – 2013 The Western Wall Heritage Foundation
Tourist guide for official (VIP) guests and donors
- 2008 Department of Business Management, Hebrew University, Jerusalem.
Research assistant
- 2007 'Mashkuchit' Consulting and Training, Jerusalem, Israel.
Educational program developer; counselor for foreign students
- 2003 – 2008 The Jewish Agency, Overseas Summer Camp Division
Examines candidates for counseling positions

VOLUNTARY, SOCIAL & COMMUNITY ACTIVITIES

- 2015 'Maaneh Bareshet' – an Emergency Hotline on Facebook for Distressed Youth
Founder
- 2012 – 2015 Forum Hashlama: A national organization for rapprochement between Ultra-orthodox (Haredim) and non-religious people.
Founding manager
- 2011 – Present Publication of multiple articles in popular local media (e.g., ynet, nrg, de-marker). The articles address social, economic and public health issues and are available by the author.
- 2011 ISEF Foundation, Jerusalem Division
Coordinator, graduate student social leadership program
- 2006 – 2008 Swiss House, a nursing home for senior citizens, Jerusalem
Volunteer, social activities
- 2005 Givat Zeev, Jerusalem
Volunteer counselor for youth from disadvantaged families
- 2004 Gilo, Jerusalem
Volunteer teacher, matriculation preparatory program
- 1999 – 2000 Beit Israel, Urban Kibbutz. Gilo, Jerusalem
Army preparatory program
Teacher and counselor at absorption center for children

ARMY SERVICE

- 2000 – 2003 Israel Defence Forces, Golani Brigade
Platoon Sergeant
- 2004 – 2014 Israel Defence Forces (Reserves), Carmeli Brigade
Sergeant
- 2015 – Present Israel Defence Forces (Reserves), Special Operation Engineering Elite Unit (Yahalom)
Psychologist of screening process (Gibush)

RECOMMENDATIONS

Academia

Prof. Baruch Schwartz	02-5888106	baruch.schwarz@mail.huji.ac.il
Dr. Christa Asterhan	052-6757662	asterhan@huji.ac.il
Prof. Roi Reichart	054-4651027	roireichart@gmail.com
Prof. Yair Amichai Hamburger	054-6280320	yairah@idc.ac.il
Dr. Joop Meijers	02-5882171	joopme@gmail.com
Dr. Shimon Gesundheit	054-6515830	gesund@mscc.huji.ac.il

Mental health Clinics

Ms Tamar Ovnat, deputy director, Maane	054-4588170	ovnatt@gmail.com
Dr. Marina Yermilov, Herzog Hospital,	054-5981719	ermilovm@gmail.com

Informal Education

Racheli Hadad, Western Wall Foundation	052-4760417	rachelc@thekotel.org
--	-------------	----------------------

PERSONAL DETAILS

Date of Birth: May 9, 1981

Place of Birth: Jerusalem, Israel

Marital Status: Married

Children: 2

Languages: Hebrew, English