

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

- 2020 The Interdisciplinary Center (IDC) Herzliya
Lecturer (Psychology and Technology; Psychology and Internet)
- 2019 – 2020 Ariel University
Lecturer (Introduction to Psychology)
- 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

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| 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

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| 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

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

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| 2014 – 2017 | Hebrew University, Jerusalem Presidential Scholarship for Academic Excellence |
| 2017 | Tel Aviv University |

The Ilan Hamel Award for Academic Innovation and Social Contribution

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| 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

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| 15.1.2018 | Ministry of Health Expertise in clinical psychology |
| 14.11.2011 | Ministry of Health Registered Psychologist (#27-118144) |

TRAINING & WORK EXPERIENCE

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| 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 |

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| 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., Asterhan, C., Sisso, I., & Reichart, R. (2020, June 15). Deep Neural Networks Detect Suicide Risk from Textual Facebook Posts. *PsyArXiv*. <https://doi.org/10.31234/osf.io/k47hr>
- **Ophir, Y.**, Sisso, I., Asterhan, C. S., Tikochinski, R., & Reichart, R. (2020). The turker blues: Hidden factors behind increased depression rates among Amazon's Mechanical Turkers. *Clinical Psychological Science*, 8(1), 65-83.
- Rosenberg, H., **Ophir, Y.**, & Billig, M. (2020). OMG, RU OK?: Using Social Media to Form Therapeutic Relationships with Youth at Risk. *Children and Youth Services Review*, 105365.
- **Ophir, Y.**, Tikochinski, R., & Rosenberg, H. (2020). Science Has Not Proven That Screen Use Impacts Children's Brain Development. *JAMA pediatrics*, 174(8), 805.
- **Ophir, Y.**, Rosenberg, H., Lipshits-Braziler, Y., & Amichai-Hamburger, Y. (2020). "Digital adolescence": The effects of smartphones and social networking technologies on adolescents' well-being. In *Online Peer Engagement in Adolescence* (pp. 122-139). Routledge.

- Amichai-Hamburger, Y., Mor, Y., Wellington, T., Landesman, T., & **Ophir, Y.** (2020). The personal autonomous car: personality and the driverless car. *Cyberpsychology, Behavior, and Social Networking*, 23(4), 242-245.
- **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

- | | |
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| 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 10 th 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 adolsecsts in social meida. 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

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| 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

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| 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

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|------------------------------|-------------|--------------------------------|
| 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

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

Informal Education

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

Date of Birth: May 9, 1981

Place of Birth: Jerusalem, Israel

Marital Status: Married

Children: 2

Languages: Hebrew, English