



# Michael ANDERSON

## DIGITAL HEALTH RESEARCHER

I am a Clinical Mental Health Researcher with a focus on digital health interventions and their effectiveness in treating anxiety and depression. With 5 years of experience in this rapidly evolving field, I have conducted research that evaluates the impact of mobile health applications on mental health outcomes. My work involves collaborating with technology developers to create evidence-based applications tailored for various populations.

### CONTACT

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- 📍 San Francisco, CA

### SKILLS

- Digital Health
- Usability Testing
- Data Analysis
- User-Centered Design
- Program Evaluation
- Research Collaboration

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**MASTER OF PUBLIC HEALTH, DIGITAL  
HEALTH UNIVERSITY**

### ACHIEVEMENTS

- Developed a mobile app that improved user-reported anxiety levels by 25% in a pilot study.
- Published research in leading digital health journals, contributing to the field's knowledge base.
- Received recognition for innovative digital solutions at the National Conference on Mental Health Technology.

### WORK EXPERIENCE

#### DIGITAL HEALTH RESEARCHER

Tech for Wellness

2020 - 2025

- Conducted research on the effectiveness of a mobile app for managing anxiety among young adults.
- Designed and implemented usability tests to enhance user experience.
- Analyzed user feedback and made recommendations for app improvements.
- Collaborated with software developers to ensure adherence to evidence-based practices.
- Published findings in journals focused on digital health.
- Presented research at technology conferences, showcasing innovative mental health solutions.

#### RESEARCH ANALYST

Mental Health Tech Innovations

2015 - 2020

- Assisted in evaluating digital interventions for depression treatment.
- Conducted literature reviews on the efficacy of e-therapy platforms.
- Collected and analyzed data from user studies to assess mental health outcomes.
- Supported the development of reports summarizing research findings.
- Engaged in stakeholder meetings to discuss project progress and findings.
- Contributed to grant proposals to secure funding for future research.