

ANUSHTHA MISHRA

Research Analyst | Qualitative & Mixed-Methods Research
Bengaluru, India · Open to relocation · anushtha.mishra96@gmail.com · +91 84129 81709
[LinkedIn](#) · [Portfolio](#) · [ORCID](#) · [Published Research](#)

Psychology-trained researcher with published quantitative research and hands-on experience across qualitative and applied research. Sole author of a peer-reviewed correlational study (n=101) with statistical analysis conducted independently in SPSS, and 25 evidence-based articles produced through expert interviews and literature review.

RESEARCH EXPERIENCE

Peer-Reviewed Research — Sole Author | International Journal of Indian Psychology 2020

- Designed and ran a correlational study end to end (n=101, purposive sampling) from research question through to publication; conducted all statistical analysis independently in SPSS.
- Disaggregated negative affect into individual affective states rather than treating it as one construct, identifying nervousness ($r=.508$) as the strongest correlate against an aggregate of $r=.467$, $p<.01$.

WellNest — Self-Directed Mixed-Methods Study | Workplace mental health platform 2025

- Ran a screener survey (n=11), semi-structured interviews (n=3) and moderated usability testing (n=2); 11 of 11 respondents had never used a workplace mental health resource while 8 of 11 reported needing support, suggesting trust rather than awareness as the likely barrier.
- Synthesised findings into personas, journey maps, a three-platform competitive analysis and a prioritised feature set; severity-rated 21 usability issues and translated each into a specific design recommendation.

GalleryGo — Survey Research & Competitive Review | Online art marketplace Retrospective

- Surveyed 11 first-time buyers on trust in online auctions; 64% named provenance and verification as preconditions to purchase. Republished as a methodological retrospective identifying where survey-only evidence could not support the original claims.

PROFESSIONAL EXPERIENCE

Career break — transition to research Apr 2025 – Present

Consultant EAP Counsellor | 1to1Help · Remote Jun 2021 – Jan 2024

- Conducted approx. 2,000 structured one-to-one and couples sessions across an employee assistance programme, surfacing recurring behavioural patterns across a large and varied working population.
- Ran structured intake and risk assessments with consistent documentation; escalated high-risk cases under defined protocols.

Freelance Mental Health Content Writer | Happiest Health · Remote Oct 2022 – Oct 2023

- Interviewed psychiatrists, clinicians and researchers — two or more expert sources per article — synthesising primary interviews with published literature for a scientifically literate audience.

Freelance Web Content Writer | Bonobology · Remote May 2022 – Oct 2023

- Published 20 researched articles translating psychological evidence for a general audience, sourcing and interviewing subject-matter experts for each piece.

Wellness Coach | Lyftly Minds · Remote Nov 2020 – Jun 2021

- Conducted market research and competitive analysis, synthesising findings into reports used to drive decisions; built internal courses and delivered workshops for a student community.

Earlier counselling roles: Freelance Counselling Psychologist, MindPeers (Jun – Oct 2021) ·

Mental Health Therapist, Mind.fit (Apr – Jul 2020)

EDUCATION

PhD Coursework, School of Liberal Arts and Sciences — RV University · 12 credits · Quantitative Methods, Qualitative Methods, Publication Ethics · withdrew Mar 2024 – Mar 2025

MSc Counselling Psychology — Martin Luther Christian University 2018 – 2020

BA Political Science, Economics & Journalism — Mount Carmel College, Bangalore University 2015 – 2018

CERTIFICATIONS & SKILLS

Certifications: Google UX Design Certificate · Meta: Principles of UX/UI · Coursera: behavioural science courses (2024 – 2025)

Methods: Semi-structured interviews · Survey design · Thematic analysis · Usability testing · Competitive analysis · Evidence synthesis · Correlational analysis · Psychometric instruments

Tools: SPSS · Google Sheets & Forms · Figma / FigJam · Notion · Mendeley · WordPress **Languages:** English · Hindi