

Name: Ziv Ardi

Date: 08.2024

CURRICULUM VITAE

1. Higher Education

A. Undergraduate and Graduate Studies

Period of Study	Name of Institution and Department	Degree	Year of Approval of Degree
2010-2015	Department of Neurobiology and Ethology, University of Haifa, Israel	Ph.D.	2015
2007-2010	Department of Psychology, University of Haifa, Israel	M.A.	2010
2004-2006	Behavioral Sciences Faculty, Max Stern Academic College of Emek Yezreel, Israel	B.A.	2006

B. Post-Doctoral Studies

Period of Study	Name of Institution, Department and Host	Degree	Year of Completion
2016-2018	Sagol center of brain and mind. Baruch Ivcher School of Psychology. Interdisciplinary, Center (IDC), Herzliya, Israel Advisor: Dr. Nava Levit Binnun	Post-Doctoral Studies	2018

2. Academic Ranks and Tenure in Institutes of Higher Education

Dates	Name of Institution and Department	Rank/Position
2023-current	Kinneret Academic College, Israel. Department of Psychology	Senior Lecturer .
2020-current	Kinneret Academic College, Israel. Department of Behavioral Sciences	Senior Lecturer. Tenure
2017-2020	Kinneret Academic College, Israel. Department of Behavioral Sciences	Lecturer
2012-2016	The Institute for the Study of Affective Neuroscience (ISAN), University of Haifa, Israel	Research Associate

3. Offices in Academic Administration

Dates	Office	Rank / Position
2023-current	Department of Psychology, Kinneret Academic College	Head of Department
2021-current	Department of Behavioral Sciences, Kinneret Academic College	Head of Department
2020-current	Kinneret Ethic Committee	Member
2020-current	Head of Psychology Division, Department of Multi-Disciplinary Studies, Kinneret Academic College	Head of Division
2018-current	Institutional committee for IaH, William, Erasmus+, Kinneret Academic College	Member
2019-2022	The program for encouraging “learning combines experience”, Kinneret Academic College	Head of the program

4. Scholarly Positions and Activities outside the Institution

Journal Article Reviews (and no. of papers reviewed)

2021-current: International Journal of Molecular Sciences (2)

2020-current: Molecular and cellular neuroscience (2)

2020-current: Frontiers in Behavioral Neuroscience (Appointment as a Reviewer)

Review Editor, Special Journal Issues

2019-2022: Guest editor, International Journal of Molecular Sciences

Membership in Professional/Scientific Societies

2023-current: International Investigation of Parental Burnout Consortium

2018-current: Israel Science Foundation (ISF)

2013-current: Authorized psychologist (License number: 27-121718)

2013-current: Israel Society of Biological Psychiatry (ISBP)

2012-2023: Israel Society for Neuroscience (ISFN)

5. Participation in Scholarly Conferences

a. Active Participation

National meetings

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion
June, 2021	The 24 th annual meeting of the Association for the Scientific Study of Consciousness	Tel- Aviv/ Cyberspace	The Effects of mindfulness practice on the association between autonomic interoceptive signals and emotion regulation selection
March, 2019	The 23rd Annual meeting of the Israeli society for biological psychiatry	Kfar Blum, Israel	Changes in Choice Patterns of Emotional Regulation Strategies and Increasing Reliability of Interoceptive Signals Following a Mindfulness Intervention
February, 2019	The 6th Israeli Conference on Cognition Research	Akko, Israel	Increasing reliability of interoceptive signals following a mindfulness intervention is associated with adaptive emotion regulation choices
January, 2019	The 28th ISFN Annual Meeting	Eilat, Israel	Increasing reliability of interoceptive signals following a mindfulness intervention is

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion
			associated with adaptive emotion regulation
2015	Stress, PTSD & Psychiatric Disorders: From Basic Science to Therapeutic Intervention	Weizmann Institute of Science	Exposure to 'Enriched Environment' in juvenility but not in adulthood reduces anxiety- like behaviors and restores GABAAR alpha1 subunits levels in the ventral dentate gyrus in a rat model of PTSD
2014	The 18th Annual meeting of the Israeli society for biological psychiatry	Hagoshrim, Israel	Long-term alterations in neuropeptide gene expression in sublayers of the dorsal dentate gyrus in a rat model of Posttraumatic stress disorder
2013	The 17th Annual meeting of the Israeli society for biological psychiatry	Hagoshrim, Israel	Preventing predisposition to stress induced anxious behaviors by 'Enriched Environment' in juvenility – a platform to study resilience
2012	The 21st Annual meeting of the Israeli society for neuroscience	Eilat, Israel	'Juvenile stress' exacerbates the impact of an exposure to an odor reminder of a stressful experience in adulthood
2011	The 15th Annual meeting of the Israeli society for biological psychiatry	kfar giladi, Israel	Alterations in hippocampal synaptic plasticity and local circuit activity following an exposure to stress in juvenility, adulthood, and their combination
2010	Third France – Israel Binational conference in neuroscience, neurology & psychiatry	University of Haifa	Exposure to traumatic reminders affects local circuit activity and LTP induction in the rat dentate gyrus
2008	The 18th Annual meeting of the Israel society for neuroscience	Eilat, Israel	Effects of re-exposure to a trauma reminder on local circuit activity in the rat dentate gyrus

International meetings

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion
2022	Annual meeting of the European Society for Cognitive and Affective Neuroscience	Vienna, Austria	The Effects of Mindfulness-Based Stress Reduction on the Association Between Autonomic Interoceptive Signals and Emotion Regulation Selection
March, 2019	2nd Annual Conference: Water and Stone: The Power of Mindfulness for Social Change	Phoenix, AZ	Cultivating "Right Effort": Increased Regulatory Choice Flexibility Following a Mindfulness Based Stress Reduction (MBSR) Workshop
2016	2nd International Symposium on Resilience	Mainz, Germany	A Network - Perturbation Approach to Studying Brain Vulnerability
2014	Annual meeting of the society for neuroscience (SFN)	Washington, DC	Pre-pubertal ('juvenile') stress-induced susceptibility to PTSD, which is associated with selective alterations in GABAAR alpha1 subunit in the dentate and amygdala, is rescued by juvenile but not adulthood exposure to 'Enriched Environment
2012	Frontiers in Stress and Cognition: From Molecules to Behavior conference	Ascona, Switzerland	Classification of the behavioral effects of an exposure to a reminder of a stressful experience in adulthood following an exposure to 'juvenile stress'

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion
Invited lecture 2011	8th IBRO world congress of neuroscience (Invited lecture)	Florence, Italy	Synaptic and local circuit plasticity in the dentate gyrus. Potential relevance to traumatic memories
2010	7th FENS forum for European neuroscience	Amsterdam, Netherlands	Changes in behavioral performances and memory-related mechanisms in the rat Hippocampus following a reminder cue of an underwater trauma

7. Research Grants

a. Grants Awarded

Role in Research	Co-Researchers	Topic	Funded by/ Amount	Year
PI	Nava Levit Binnun	Identifying Central Well-being Promoting Components of Mindfulness Practice	Joy Ventures/ 150000\$	2017- 2019

b. Submission of Research Proposals – Not Funded

Role in Research	Co-Researchers	Topic	Funded by	Year	Score
Co-PI	Michal Reifen Tagar	Assessing Common and Unique Impacts and Mechanisms of Mindfulness and Compassion Practices to Reducing Barriers for Peace	Mind & Life Institute	2017	

8. Scholarships, Awards and Prizes

2022-2023: Kinneret Academic College: Excellence award (Level C)
 2020- 2021: Kinneret Academic College: Excellence award (Level C)
 2019- 2020: Kinneret Academic College: Excellence award (Level A)
 2018- 2019: Kinneret Academic College: Excellence award (Level A)
 2018- 2019: Kinneret Academic College: Excellence in Teaching Award
 2016- 2019: Post-Doctoral Fellowship, Baruch Ivcher School of Psychology, IDC
 2012- 2014: Israel Society for Biological Psychiatry (ISBP) young research leadership
 2011- 2014: Excellence in Studies Scholarship, University of Haifa

9. Teaching

a. Courses Taught in Recent Years

Year	Name of Course	Type of Course	Degree	Number of Students
2023-current	Introduction to the work of the educational psychologist	Lecture for MA students, educational psychology, Tel-Hai academic college	M.A	24
2023-current	Psychological evaluation and psychodiagnostics processes in children and adolescents	Lecture for MA students, educational psychology, Tel-Hai academic college	M.A	24
2020-current	Work of a behavior analyst in a multidisciplinary team	Lecture for MA students, Applied Behavior Analysis, Kinneret academic college	M.A.	~50
2020-current	Psychodiagnostics	Lecture/workshop, Kinneret academic college	B.A.	~25
2019-current	The beneficial effects of the pro-social behavior. Kinneret academic college	Research seminar, Kinneret academic college	B.A.	~30
2019-current	Psychology of learning	Introduction Course (Mandatory), Kinneret academic college	B.A.	~80
2018-current	Emotional intelligence	Lecture, Kinneret academic college	B.A.	~40
2019-2020	Stress Management and Health Kinneret academic college	Pro-seminar, Kinneret academic college	B.A.	~30

Year	Name of Course	Type of Course	Degree	Number of Students
2018-2020	Theories of Personality	Introduction Course (Mandatory), Kinneret academic college	B.A.	~60
2017-current	Cognitive psychology	Introduction Course (Mandatory), Kinneret academic college	B.A.	~70
2017-current	Neuropsychology	Introduction Course (Mandatory), Kinneret academic college	B.A.	~70
2017-current	The Biological Foundations of Behavior	Introduction Course (Mandatory), Kinneret academic college	B.A.	~70
2016-2018	Brain cognition and emotion	Lecture, IDC, Herzliya	B.A.	~100
2013-2017	Psychobiology	Lecture, Oranim Academic College	B.A.	~50
2013-2017	Theories of Personality	Lecture, Oranim Academic College	B.A.	~50

10. Professional Experience

2020 - current: Educational psychologist – intern, The Psychological Service Unit, Jezreel Valley Regional Council.

PUBLICATIONS

A. Ph.D. Dissertation

Ardi, Z. (2015). Behavioral profiling as a translational approach in an animal model of posttraumatic stress disorder. Dissertation submitted in partial fulfillment of the requirements for a PhD. degree, University of Haifa, Department of Neurobiology. Supervisor – Prof. Gal Richter-Levin

Authors' relative contributions are according to the order of names unless otherwise indicated.

B. Articles in Refereed Journals

H-index = 9 and Total number of citations = 275 (from Scopus)

H-index = 9 and Total number of citations = 409 (from Google Scholar)

Published

1. Nimri, L., Mansour, B., Benhos, A., Banna, A., Nasrallah, E., Sackran, Ma., Ahmad, A., **Ardi, Z** & Horovitz, O. (2024). Energy Drink Consumption Among Israeli-Arab Adolescents: Gender Differences in Anxiety and Well-being. *Public Health Challenges*. 3(3), e187.
DOI: <https://doi.org/10.1002/puh2.187>
(IF- not yet available)

2. **Ardi Z.**, Golland Y., Shafir R., Sheppes G and Levit-Binnun N (2021). The effects of mindfulness-based stress reduction (MBSR) on the association between autonomic interoceptive signals and emotion regulation selection. *Psychosomatic Medicine*, 83(8), 852-862.
DOI: 10.1097/PSY.0000000000000994
(IF= 3.864, Q1 in Developmental and Educational Psychology)

3. **Ardi Z** & Horovitz O (2020). You are what you remember but also what you do not know that you remember: on memory, life episodes and the brain. *Dvarim* [education- Heb]

4. Horovitz O*, **Ardi Z***, Ashkenazy S., Ritov G., Anunu R and Richter-Levin G (2020). Network neuromodulation of Opioid and GABAergic receptors following a combination of juvenile and adult stress in rats. *International Journal of Molecular Sciences*, 21(15): 5422.
DOI: 10.3390/ijms21155422
(5-YR IF= 5.6, Q1 in Medicine)
(#,Equal contribution)
Role in the publication: I was involved in all phases of the research, including writing the paper.

5. **Ardi Z.**, Richter-Levin A., Xu L., Cao X., Volkmer H., Stork O and Richter-Levin G (2019). The role of the GABAA receptor Alpha 1 subunit in the ventral hippocampus in stress resilience. *Scientific reports*, 9, 13513
DOI: <https://doi.org/10.1038/s41598-019-49824-4>
(5-YR IF= 4.3, Q1 in Multidisciplinary)

6. Ritov G., **Ardi Z.**, Horovitz O., Albrecht A and Richter-Levin G (2017). Juvenile adversity and adult threat controllability in translational models of stress-related disorders. *Current Opinion in Behavioral Sciences*, 14, 148–154.
DOI: <https://doi.org/10.1016/j.cobeha.2017.02.006>
(IF= 4.9, Q1 in Psychiatry and Mental Health)

7. Albrecht A., Müller I., **Ardi Z.**, Çalışkan G., Gruber D., Segal M., Behr J., Heinemann U., Stork O., and Richter-Levin G (2017). Neurobiological consequences of juvenile stress: a GABAergic perspective on risk and resilience. *Neuroscience & Biobehavioral Reviews*, 74(Pt A): 21-43.
DOI: 10.1016/j.neubiorev.2017.01.005
(IF= 7.5, Q1 in Neuropsychology and Physiological Psychology)

8. Beuter S., **Ardi Z.**, Horovitz O., Wuchter J., Keller S., Saha R., Tripathi K., Anunu R., Kehat O., Kriebel M., Richter-Levin G. and Volkmer H (2016). Receptor tyrosine kinase EphA7 controls interneuron connectivity at specific subcellular compartments of granular cells. *Scientific reports*, 6, 29710.
DOI: <https://doi.org/10.1038/srep29710>

(5-YR IF= 4.3, Q1 in Multidisciplinary)

9. Haddad- Ophir O*, **Ardi Z***, Brande-Eilat O., Kehat O., Anunu R and Richter-Levin G (2016). Exposure to prolonged controllable or uncontrollable stress affects GABAergic function in subregions of the hippocampus and the amygdala. *Neurobiology of Learning and Memory*, 138: 271-280

DOI: <https://doi.org/10.1016/j.nlm.2016.06.009>

(IF= 2.2, Q1 in Experimental and Cognitive Psychology)

(#, Equal contribution)

Role in the publication: I was involved in all phases of the research, including writing the paper.

10. **Ardi Z.**, Albrecht A., Richter-Levin A., Saha R and Richter-Levin G (2016). Behavioral Profiling as a translational approach in an animal model of Posttraumatic stress disorder. *Neurobiology of disease*, 88: 139-147.

DOI: <https://doi.org/10.1016/j.nbd.2016.01.012>

(IF= 5.1, Q1 in Neuroscience)

11. **Ardi Z.**, Ritov G and Richter-Levin G (2014). The effects of a reminder of underwater trauma on behavior and memory-related mechanisms in the rat dentate gyrus. *International Journal of Neuropsychopharmacology*, 17(4): 571-580.

DOI: [10.1017/S1461145713001272](https://doi.org/10.1017/S1461145713001272)

(5 YR IF= 4.7, Q1 in Psychiatry and Mental Health)

12. Ritov G., **Ardi Z** and Richter-Levin G (2014). Differential activation of amygdala, dorsal and ventral hippocampus following an exposure to a reminder of underwater trauma. *Frontiers in Behavioral Neuroscience*, 8: 18.

DOI: [10.3389/fnbeh.2014.00018](https://doi.org/10.3389/fnbeh.2014.00018)

(IF= 2.6, Q1 in Neuropsychology and Physiological Psychology)

13. Grigoryan G., **Ardi Z.**, Albrecht A., Richter-Levin G and Segal M (2014). Juvenile stress alters LTP in ventral hippocampal slices: Involvement of noradrenergic mechanisms. *Behavioral Brain Research*, 278, 559–562.

DOI: [10.1016/j.bbr.2014.09.047](https://doi.org/10.1016/j.bbr.2014.09.047)

(IF= 2.6, Q2 in Behavioral Neuroscience)