

Reshika Rimal

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EDUCATION

MS Biostatistics and Health Analytics

University of Nevada Reno

08/2025 – 05/2027

Reno Nevada

Major Course Highlights: Survival Analysis for Public Health, Biostatistical Analysis in Cohort Studies, Data Science and Statistical Computation in Public Health, Biostatistical Theory, Health Data Analysis, Epidemiology in Public Health, Statistical Modeling, Public Health Data Analytics, and Applied Biostatistics.

Master in Public Health - Epidemiology

University of Nevada Reno

08/2023 – 05/2025

Reno, Nevada, USA

Major Course Highlights: Epidemiology, Biostatistics, Social and behavioral Health, Applied Research methods for public health, Applied data analysis in Public Health, Infectious Epidemiology

Bachelor in Public Health

Institute of Medicine, Central Department of Public Health

12/2016 – 05/2021

Kathmandu, Nepal

Major Course Highlights: Epidemiology, Biostatistics, Health Economics, Mental Health and Behavioral Health Research.

PROFESSIONAL EXPERIENCE

Public Health Intern (Biostatistician)

Carson City Health and Human Services

06/2026 – 08//2026

Carson City, Nevada

- Conduct public health data analysis related to mental health, opioid use, and community health outcomes across multiple Nevada counties.
- Support measles outbreak modeling, epidemiologic analysis, and public health reporting using statistical and analytical methods.
- Assist with program evaluation, technical reports, and data-driven public health decision-making.

Graduate Research Assistant

Orvis School of Nursing, University of Nevada, Reno

08/2025 – 05//2026

Reno, Nevada

- Conduct research related to digital biomarkers, mental health, sleep, stress, and wearable health technologies
- Assist with literature reviews, data analysis, research coordination, and manuscript preparation for public health and nursing research projects.
- Support studies involving Oura Ring data, behavioral health outcomes, and real-world health data integration.

Graduate Assistant

University of Nevada Reno, School of Medicine

09/2023 – 05/2025

Reno, Nevada

- Coordinated activities and communication for the Scholarly Concentrations Program within the School of Medicine.
- Assisted with public health and clinical research projects involving data management, statistical analysis, literature reviews, and research reporting.
- Supported faculty and student research initiatives through data analysis, project coordination, and scientific documentation.

Research Assistant

Health Action and Research

08/2021 – 05/2022

Kathmandu, Nepal

Developed a proposal for ethical approval from the Nepal Health Research Council, and created a questionnaire in KoboToolbox, training healthcare professionals in data collection. Conducted data analysis using SPSS and STATA, and prepared standard manuscripts for journal submission.

PUBLICATIONS

DIGITAL BIOMARKERS OF SLEEP, STRESS, AND MENTAL HEALTH IN YOUTH: A SCOPING REVIEW OF OURA RING-BASED EVIDENCE

08/05/2026

ISPOR, 2026

<https://www.ispor.org/heor-resources/presentations-database/presentation-cti/ispor-2026/poster-session-3-3/digital-biomarkers-of-sleep-stress-and-mental-health-in-youth-a-scoping-review-of-oura-ring-based-evidence> 

Effect of COVID-19 pandemic on internet gaming disorder among general population: A systematic review and meta-analysis. PLOS Global Public Health

07/04/2023

<https://doi.org/10.1371/journal.pgph.0001783>

How positive deviants helped in fighting the early phase of the COVID-19 pandemic? A qualitative study exploring the roles of frontline health workers in Nepal. PLOS Global Public Health

08/03/2023

<https://doi.org/10.1371/journal.pgph.0000671>

Implementation of cervical cancer prevention and screening at global and national levels: a review of evidence and research gaps. Nep J Obstet Gynecol

06/05/2022

<https://doi.org/10.3126/njog.v17i1.49687>

Maternal dietary diversity and its correlates in a semi-urban municipality of Nepal: A cross-sectional study

08/12/2025

Plos Global Health

<https://www.medrxiv.org/content/10.64898/2025.12.10.25342030v1> 

SKILLS

Data/software

SAS, R, SPSS, Microsoft Excel, STATA, Qualtrics, REDCap, Dedoose, NVivo, Microsoft Copilot, Data Visualization, Statistical Modeling, Survey Data Analysis, Tableau

Epidemiological skills

Contemporary principles and practices of Epidemiology, medical methods, acute and chronic conditions; knowledge of HIPAA and PHI privacy laws; research methods, procedures, and techniques used in identifying and evaluating the health of populations; continuous quality Improvement and Lean methodologies.

Research & Evaluation:

Program Evaluation, Mental Health Research, Behavioral Health Research, Epidemiologic Analysis, Public Health Surveillance, Quantitative & Qualitative Research Methods, Data Management, Outcome Evaluation, Evidence-Based Practice

Professional Skills:

Technical Report Writing, Scientific Communication, Research Coordination, Literature Reviews, Presentation Skills, Team Collaboration, Critical Thinking, Confidential Data Handling, Problem Solving, Data-Informed Decision Making

AWARDS

Winner, Public Health Category : Pack Prompt-A-Thon: Wolf Pack vs. AI

04/2026

University of Nevada, Reno

Designed an AI-driven public health surveillance and epidemiologic analysis tool using Microsoft Copilot to support health data exploration, trend identification, and population health decision-making.

Graduate Research Mentorship

08/2023

The University of Nevada, Reno Foundation

Working on interdisciplinary research on "Encouraging high school student to consider mining at college and pursue career in mining".

AHEC Scholarship Recipient

06/01/2026

University of Nevada, Reno

Awarded a \$5,000 scholarship in recognition of academic excellence and commitment to community and public health.

Problem Gambling Research Grant <i>Problem Gambling Research Institute</i> Received a \$5,000 research grant for the study: “Evaluating the Effectiveness of Problem Gambling Treatment Programs in Nevada: A Systematic Review and Meta-Analysis of Brief Interventions and Cognitive Behavioral Therapy (CBT).”	11/2026
JTNN Scholarship Recipient <i>Join Together Northern Nevada</i> Awarded a \$5,000 scholarship by Join Together Northern Nevada (JTNN) in recognition of academic achievement, public health leadership, and commitment to prevention and community health initiatives at the University of Nevada, Reno.	12/05/2026

PROJECTS

Digital Biomarkers of Stress, Sleep, and Mental Health in Youth Research project examining wearable device data and behavioral health indicators to evaluate stress, anxiety, sleep patterns, and mental health outcomes using statistical and public health analytics methods.	2025 – 2026
EFFECTIVENESS OF COMMUNITY-BASED AND HOME-BASED HEALTH INTERVENTIONS FOR HEALTHY AGING IN LOW- AND MIDDLE-INCOME COUNTRIES: A SYSTEMATIC REVIEW OF RANDOMIZED TRIALS Conducted a systematic review of randomized controlled trials evaluating interventions aimed at improving healthy aging, quality of life, and community-based health outcomes among older adults in low- and middle-income countries. https://tinyurl.com/3exsa957	2022 – 2024