

SARAH D. PRESSMAN

PERSONAL INFORMATION

Assistant Professor of Psychology
University of California, Irvine
Psychology and Social Behavior, School of Social Ecology
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EDUCATION & EMPLOYMENT

| | | |
|--------------|--|----------------------|
| 1996-2000 | Mount Allison University | Sackville, NB Canada |
| ▪ | B.Sc., Biopsychology with Honors (Cum Laude) | |
| 2000-2003 | Carnegie Mellon University | Pittsburgh, PA USA |
| ▪ | M.S., Psychology Advisor: Sheldon Cohen (Social, Personality and Health Psychology) | |
| 2003-2006 | Carnegie Mellon University | Pittsburgh, PA USA |
| ▪ | Ph.D., Psychology Advisor: Sheldon Cohen (Social, Personality and Health Psychology) | |
| 2006-2008 | University of Pittsburgh | Pittsburgh, PA USA |
| ▪ | Post Doctoral Fellow in Cardiovascular Behavioral Medicine | |
| 2008-2012 | University of Kansas | Lawrence, KS USA |
| ▪ | Beatrice Wright Assistant Professor of Psychology | |
| 2013-current | University of California, Irvine | Irvine, CA USA |
| ▪ | Assistant Professor of Psychology | |

PUBLICATIONS & PRESENTATIONS

PUBLICATIONS, BOOKS, & BOOK CHAPTERS

PUBLICATIONS (*in chronological order; *indicates a graduate student, ** indicates an undergraduate student*)

Gallagher, M., Lopez, S., & **Pressman, S.D.** (in press). Optimism is Universal: Exploring the presence and benefits of optimism in a representative sample of the world. *Journal of Personality*.

Pressman, S.D., Gallagher, M. & Lopez, S. (in press). Is the Emotion-Health Connection a “First World Problem?” *Psychological Science*.

Lopez, S. & **Pressman, S.D.** (2012). Americans Use Their Strengths Least on Sundays: People Do More of What They Do Best on Positive Days. *Gallup Journal Online*.

Pressman, S.D. & *Kraft, T.L. (in press; published on line October 2012). Grin and bear it: The influence of manipulated positive facial expression on the stress response. *Psychological Science*. (Note: Both authors contributed equally to this work and should be considered as co-first authors; publication will list authors alphabetically)

Pressman, S.D. & Bowlin, S. (in press). Positive Emotions: A pathway to better physical health. *The Dark & Light Sides of Positive Emotion*. Eds. J. Moskowitz & J. Gruber.

Pressman, S.D. & **Hooker, E., (in press). Positive Affect and Health. *The Encyclopedia of Behavioral Medicine*.

Pressman, S.D. & *Kraft, T. (in press). Heart Rate Alterations in Response to Positive Psychology Interventions. *The Positive Psychology Workbook*.

Pressman, S.D., *Kraft, T., & *Bowlin, S. (in press). Emotional, Social and Physical Well-Being. The Encyclopedia of Behavioral Medicine.

Pressman, S.D., & Cohen, S. (2012). Positive emotion words and longevity in famous deceased psychologists. Health Psychology, *31*, 297-305.

Pressman, S.D., & *Black, L. (2012). Positive Emotions and Immunity. The Oxford Handbook of Psychoneuroimmunology (pp. 92-104). Oxford Press.

*Gallagher, M., *Schoemann, A., & **Pressman, S.D.** (2011). Mastery beliefs and intraindividual variability of anxiety. Cognitive Therapy and Research, *35*, 227-231.

Bessiere, K., **Pressman, S.D.**, Kiessler, S. & Kraut, R. (2010). Health and psychological well-being after seeking health information and support online: a longitudinal study. The Journal of Internet Medical Research, *12*, e6 (electronic).

Pressman, S.D., Matthews, K.A., Cohen, S., Martire, L., Scheier, M., Baum, A., Schulz, R. (2009). The association of cumulative restorative activities with psychological and physiological well-being. Psychosomatic Medicine, *71*, 725-732.

Pressman, S.D. & Marsland, A.L. (2009). Positive Affect and the Immune System. In Lopez, S. J. (Ed.). The Encyclopedia of Positive Psychology. London: Blackwell Publishing.

Rasumussen, H.N. & **Pressman, S.D.** (2009). Physical Health and Positive Psychological Constructs. In Lopez, S. J. (Ed.). The Encyclopedia of Positive Psychology. London: Blackwell Publishing.

Robles, T.F., *Brooks, K.P., & **Pressman, S.D.** (2009). Trait positive affect buffers the effects of acute stress on skin barrier recovery. Health Psychology, *28*(3), 373-378.

Pressman, S.D., & Cohen, S. (2007). The use of social words in autobiographies and longevity. Psychosomatic Medicine, *69*, 262-269.

Cohen, S., & **Pressman, S.D.** (2006). Positive affect and health. Current Directions in Psychological Science, *15*, 122-125.

Marsland, A.L., **Pressman, S.D.**, & Cohen, S. (2006). Positive affect and immune function. In R. Ader (Ed.), Psychoneuroimmunology (pp. 761-779). Elsevier Publications.

Pressman, S. D., & Cohen, S. (2005). Does positive affect influence health? Psychological Bulletin, *131*, 925-971.

Pressman, S., Cohen, S., Miller, G. E., Barkin, A., Rabin, B. S., & Treanor, J. J. (2005). Loneliness, social network size, and immune response to influenza vaccination in college freshmen. Health Psychology, *24*, 297-306.

Miller, G., Cohen, S., **Pressman, S.**, Barkin, A., Treanor, J., & Rabin, B. (2004). Psychological stress and antibody response to influenza vaccination: When is the critical period for stress, and how does it get inside the body? Psychosomatic Medicine, *66*, 215-223.

Cohen, S., & **Pressman, S.** (2004). The stress-buffering hypothesis. In N. Anderson (Ed.), Encyclopedia of Health and Behavior (pp. 780-782). Thousand Oaks, CA: Sage Publications

JOURNAL ARTICLES UNDER REVIEW

Pressman, S.D., Clausius, B.*, Lee, I.* & Black, L.L.* (under review). Positive emotion, pain, and symptom report: Does arousal matter?

DeWall, N., Gillath, O., **Pressman, S.D.**, Black, L.*, Stetler, D., Moskowitz, J., B., & Bartz, J. (**under 2nd review**- Psychoneuroendocrinology). When the love hormone leads to violence: Oxytocin increases intimate partner violence inclinations among high trait aggressive people.

Hooker, E.D.* & **Pressman, S.D.** (under review). Do text messages help or hinder stress reactivity?

*Hogue, C.M., Fry, M., Fry, A.C & **Pressman, S.D.** (**under 3rd review**- Sport, Exercise & Performance Psychology). The Influence of a Motivational Climate Intervention on Participant Salivary Cortisol and Motivational Responses.

Black, L.* & **Pressman, S.D.**, (under review). Psychosocial and Behavioral Variables Associated with H1N1 Vaccine Acceptance in College Students.

BOOKS

Lopez, S., & **Pressman, S.D.** (book under contract to be published 2013). The 25 Great Myths of Happiness. Sage.

INVITED TALKS & CONFERENCE ORAL PRESENTATIONS

*(*indicates a graduate student, ** indicates an undergraduate student)*

Pressman, S.D. (2013). Invited Speaker: Colloquium Series. University of Texas, Austin.

Pressman, S.D. (2012). Invited Speaker: 34th Annual Grimes Award Lecture. La Salle University, Philadelphia, PA.

Pressman, S.D. (2012). Invited Speaker: Staying healthy in school: A role for positive emotions. Strengths in Education Conference. Gallup. Omaha, NE.

Bassett, S., **Pressman, S.D., *Kraft, T., Fry, M. & *Brown, T. (2012). Certainty and increases in task orientation and happiness following a positive health program for pre-teen girls. Canadian Positive Psychological Association Meeting. Toronto, ON.

Pressman, S.D. (2012). Invited Speaker: Positive Emotions and Stress Resilience. Leading with Resilience Conference. George Mason University. Fairfax, VA.

Pressman, S.D. (2012). Invited Speaker: The relevance of positive psychology for health care providers. Institute for Clinical Systems Improvement Conference. Minneapolis, MA.

PRESENTATIONS

Pressman, S.D. (2012). Invited Speaker (Keynote) for The Impact of Strengths on Hope and Wellbeing conference at George Mason University, VA.

Kroska, E., *Kraft, T., & **Pressman, S.D. (2012). The Role of Perceived Stress in the Resilient Individual. Southwestern Psychological Association, Oklahoma City, OK.

Pressman, S.D. (2012). Invited Speaker: New Mechanisms Connecting Positive Emotions to Health. Social, Personality & Health pre-conference at Society for Personality & Social Psychology. San Diego, CA.

Gillath, O., **Pressman, S.D.**, *Canterberry, M., Moskowitz, J., Stetler, D. (2011). Attachment security primes, oxytocin levels, and the cardiovascular stress response. International Association for Relationships Research- mini conference. Tucson, AZ.

Pressman, S.D., *Canterberry, M., & **Burkett, S. (2011). Sing me a happy song: The associations between emotional word use in love songs and singer longevity. International Positive Psychology Association. Philadelphia, PA.

PRESENTATIONS
(CONTINUED)

*Kraft, T. & **Pressman, S.D.** (2011). The influence of facial expression on cardiovascular stress recovery. International Positive Psychology Association. Philadelphia, PA.

Pressman, S.D., Gillath, O., *Black, L., *Botanov, Y., Moskowitz, J., & Stetler, D. (2011). Oxytocin receptor polymorphism and the cardiovascular stress response. American Psychosomatic Society, San Antonio, TX.

*Clausius, B., **Pressman, S.D.**, *Black, L.L., & *Mitchell, E. (2011). Positive emotion and pain: Does arousal matter? Society for Behavioral Medicine, Washington, DC.

Pressman, S.D. (2010). How does positive affect influence health? Invited Colloquium Speaker, University of California, Irvine. Irvine, CA.

Pressman, S.D. (2010). Predictors of City Well-Being in the United States. Invited Speaker to Gallup Well-Being Summit. Washington, DC.

Pressman, S.D. (2010). The well-being of American cities: Environmental factors associated with better psychological and physical health. Invited Speaker to Gallup City Well-Being Forum. Washington, DC.

Pressman, S.D. (2009). Does happiness lead to better health? Invited Colloquium Speaker, Furman University, Department of Psychology.

Pressman, S.D. (2009). Positive Emotion & Health. Invited Colloquium Speaker, University of Michigan, Center for Positive Organizational Scholarship.

Pressman, S.D. (2009). Emotion & Physical Health. University of Southern Maine Summer Institute in Health Psychology. Portland, ME. Invited Speaker.

Pressman, S.D. (2009). Positive Health Psychology Symposium: An introduction to Positive Health. International Positive Psychology Association Meeting. Philadelphia, PA.

Pressman, S.D. (2009). How does positive affect influence health behaviors? Society for Behavioral Medicine, Montreal, QB.

Pressman, S.D. (2009). The associations between positive and negative affect with health in a representative population of the world. American Psychosomatic Society, Chicago, IL.

Pressman, S.D. (2008). Positive Affect & Strengths Development. Gallup Strengths Institute Web Seminar. Invited Speaker.

Pressman, S.D. (2008). Does Positive Affect Influence Health? The Gallup Well-Being Forum, Washington, DC. Invited Speaker.

Pressman, S.D. (2008). The Association of Cumulative Restorative Activities with Psychological and Physiological Well-Being. The American Psychosomatic Society, Baltimore, MD.

Pressman, S.D. & Cohen, S. (2007). Use of Emotional Words in Autobiographies Predicts the Longevity of Famous Dead Psychologists. The Gallup International Positive Psychology Summit, Washington, DC.

PRESENTATIONS
(CONTINUED)

Pressman, S.D. & Matthews, K.A. (2007). Positive Affect and Cardiovascular Recovery from Acute Laboratory Stressors. The Gallup International Positive Psychology Summit, Washington, DC.

Pressman, S.D. (2007). Positive Affect and Health. Western Psychiatric Institute & Clinic, University of Pittsburgh Medical Center, Pittsburgh, PA.

Pressman, S.D. (2006). The Association Between Positive Affect and Health. Penn State University, State College, PA. Invited Speaker.

Pressman, S.D. (2006). How to finish a dissertation. Graduate Student Programs Office. Carnegie Mellon University, Pittsburgh, PA. Invited Speaker.

Pressman, S.D., Cohen, S. & ****Kollnesher, M.** (2006). The Association Between Emotional & Social Word Use in Autobiography and Longevity. American Psychosomatic Society. Denver, CO (oral & poster presentations: data presented orally by S. Cohen, poster presented by S. Pressman).

Pressman, S.D., Cohen, S., & Miller, G. (2005). Cortisol Rhythm in Healthy Freshman: The Positive but not the Negative Matters. American Psychosomatic Society. Vancouver, BC.

Pressman, S.D., Cohen, S., & Miller, G. (2005). The Influence of Sleep on Vaccination Response. American Psychosomatic Society. Vancouver, BC.

Pressman, S.D., Cohen, S., & Miller, G. (2005). Sleep and Vaccination Response. Pittsburgh Graduate Student Psychology Symposium. Pittsburgh, PA

Pressman, S., Cohen, S., Miller, G., & Rabin, B. (2002). Stress and Antibody Response to Immunization in College Freshman. Psychoneuroimmunology Research Society. Madison, WI.

POSTER PRESENTATIONS

*(*indicates a graduate student, ** indicates an undergraduate student)*

Pressman, S.D. & Kraft, T. (2013). Grin & Bear it: The influence of manipulated facial expression on the stress response. Society for Personality & Social Psychology. New Orleans, LA.

Kraft, T., & **Pressman, S.D.** (2013). Does depressed affect reduce the ability to mimic facial expressions? Society for Personality & Social Psychology. New Orleans, LA.

Hooker, E.D* & **Pressman, S.D.** (2013). Do text messages help or hinder stress reactivity? Society for Personality & Social Psychology. New Orleans, LA.

Patel, J. S., Freche, R., **Pressman, S. D.** (2013). The Interaction between Perceived Social Support and Salivary Oxytocin in the Cortisol Stress Response. American Psychosomatic Society 71st Annual Meeting in Miami, Florida.

Bassett, S., Kraft, T., **Pressman, S.D.**, Fry, M., & Brown, T. (2012). The relationship between written indication of certainty and positive psychological outcomes in a positive health improvement program. Nebraska Psychological Society/Association for Psychological and Educational Research in Kansas. Hastings, NE.

PRESENTATIONS
(CONTINUED)

Gorey, C., Patel, J., & **Pressman, S.D.** (2012). Does alexithymia alter self-reported & physiological arousal to emotion writing tasks? Nebraska Psychological Society/Psychological and Educational Research in Kansas. Hastings, NE.

Patel, J. S., Gorey, C. M., **Pressman, S. D.** (2012). What Types of Trust are Associated with Salivary Oxytocin? Nebraska Psychological Society and Psychological and Educational Research Kansas Convention in Hastings, Nebraska.

Hunt, M., **Pressman, S.D.**, Burks, L.M. & *Kahn, C. (2012). Limited Evidence of a Mindfulness Intervention Affecting Adolescent Anxiety. Association for Psychological Science. Chicago, IL.

Krentzman, A., **Pressman, S.D.**, Hassett, A.L., Steinberg, D., Robinson, A., Cranford, J.A., Mowbray, O., (2012). Positive and negative affect predict poor longitudinal drinking outcomes among alcoholics interviewed about drinking & its consequences. Research Society on Alcoholism. San Francisco, CA.

Perry, T., *Kraft, T., & **Pressman, S.D. (2012). Doing good is good: the psychological benefits of good deeds on the giver and receiver of a positive psychology intervention. Southwestern Psychological Association. Oklahoma City, OK.

Kroska, E., *Kraft, T., & **Pressman, S.D. (2012). What distinguishes volunteers from non-volunteers? Southwestern Psychological Association, Oklahoma City, OK.

*Kraft, T., **Kroska, E., & **Pressman, S.D.** (2012). Positive affect, stress, and posttraumatic growth. Southwestern Psychological Association, Oklahoma City, OK.

*Hanlin, L., Thoma, M., Johnson, J., Dahiben, B., **Pressman, S.D.**, & Rohleder, N. (2012). A measure of global leisure activity predicts inflammatory responses to stressor independent of physical activity. American Psychosomatic Society, Athens, Greece.

Hooker, E., & **Pressman, S.D. (2012). The Effects of Pre-existing Partner Tension on

Cardiovascular Stress Reactivity and Recovery. Society for Behavioral Medicine, New Orleans, LA.

*Black, L., **Pressman, S.D.**, *Clausius, B., *Bowlin, S., Gillath, O. (2012). The sex specific effects of social priming on salivary cortisol. Society for Behavioral Medicine, New Orleans, LA.

Cherry, J.B., *Kraft, T., & **Pressman, S.D. (2012). Unobtrusive positive facial feedback reduces the negative impact of experimental stress. Society for Personality & Social Psychology. San Diego, CA.

Patel, J., **Carey, A., *Black, L., Gillath, O., & **Pressman, S.D. (2012). Salivary Oxytocin, Attachment Insecurity, Social Support & Network Size. Society for Personality & Social Psychology. San Diego, CA.

*Kraft, T., **Hooker, E.D., & **Pressman, S.D.** (2011). Optimism & Stress: A positive relationship? International Positive Psychology Association. Philadelphia, PA.

Hooker, E. D. & **Pressman, S.D. (2011). The effects of text messages from romantic partners on female stress reactivity. American Psychosomatic Society. San Antonio, TX.

*Bowlin, S.L., *Kraft, T., **Pressman, S.D.**, & **Searight, M. (2011). Naturally occurring stress and depression are associated with sympathetic but not parasympathetic responses to stress. American Psychosomatic Society. San Antonio, TX.

PRESENTATIONS
(CONTINUED)

*Black, L. & **Pressman, S.D.** (2011). Investigation of Variables Associated with H1N1 Vaccine Acceptance. Society for Behavioral Medicine. Washington, DC.

Carter, S., & **Pressman, S.D. (2011). Stress-eating paradigm: Further investigation of the association of eating behaviors with stress. Society for Behavioral Medicine. Washington, DC.

Zagorski, L., & **Pressman, S.D. (2011). Affirmation of Personal Values and Social Relationships: Effects on Stress Reactivity. Society for Behavioral Medicine. Washington, DC.

Zagorski, L., **Hooker, E., **Kroska, E., *Kraft, T., & **Pressman, S.D. (2011). Physical activity predicts cardiovascular recovery from acute psychological stressors. Society for Behavioral Medicine. Washington, DC. (NOTE: *Awarded Meritorious Abstract*)

*Kraft, T., & **Pressman, S.D.** (2011). Affect and sleep: Does a higher positive/negative affect ratio predict sleep under stress? Society for Behavioral Medicine. Washington, DC.

Buccholz, E.J., *Karlson, C.W., & **Pressman, S.D. (2011). Is touch important for well-being? Relations between physical contact, depression and emotional affect. Society for Behavioral Medicine, Washington, DC.

*Gallagher, M., *Schoemann, A., & **Pressman, S.** (2011). Mastery Beliefs and Intraindividual Variability of Anxiety. Association for Psychological Science. Washington, DC.

Pressman, S.D., *Canterberry, M., & **Burkett, S. (March, 2010). Sing me a happy song: The associations between emotional word use in love songs and singer longevity. American Psychosomatic Society.

*Clausius, R., *Karlson, C., *Lootens, C., **Carter, S., & **Pressman, S.D.** (2010). Influence of Touch on Cardiovascular and Parasympathetic Functioning. American Psychosomatic Society Meeting.

*Karlson, C., Hamilton, N., **Pressman, S.D.**, *Clausius, R., & *Lootens, C. (2010). Cardiovascular response to experimental pain during massage intervention. American Psychosomatic Society Meeting.

*Clausius, R.L., *Karlson, C., *Lootens, C., & **Pressman, S.D.** (2010). Emotional correlates of experimental pain: Predicting tolerance and threshold. Society for Behavioral Medicine

*Karlson, C., Hamilton, N., **Pressman, S.D.**, *Lootens, C., & *Clausius, B. (2010). Affective response to experimental pain during massage intervention. Society for Behavioral Medicine.

*Lootens, C., *Karlson, C., *Clausius, R.L., **Baker, K., *Carter, S., & **Pressman, S.D.** (2010). Validation of the Personal Affection & Touch Scale. American Psychological Association Meeting.

*Lee, I.A., **Pressman, S.D.**, & Little, T.D. (2010). Scale Setting and Model Specification in Second-order Latent Growth Curve Models. Association for Psychological Science Meeting.

Pressman, S.D., *Gallagher, M. & Lopez, S. (2009). Are positive and negative affect independently associated with health in a representative sample of the world? American Psychosomatic Society. Chicago, IL. (*Citation Poster for high merit/impact)

Robles, T.F., *Brooks, K.P., & **Pressman, S.D.** (2008). Trait Positive Affect Buffers the Effects of Acute Stress on Skin Barrier Recovery. American Psychosomatic Society. Baltimore, MD. (*Citation Poster for high merit/impact)

Pressman, S.D., Cohen, S., & Miller, G. (2004). The Association Between Trait Positive Affect and Salivary Cortisol. The Third International Positive Psychology Summit. Washington, DC.

Hamrick, H., **Pressman, S.D.**, Cohen, S. (2004). Validation of an Upper Respiratory Infection Verification Procedure. American Psychosomatic Society. Orlando, FL.

Pressman, S., Cohen, S., Miller, G., & Rabin, B. (2003). Loneliness and Antibody Response to Immunization in College Freshman. Psychoneuroimmunology Research Society. Jacksonville, FL.

Pressman, S., Cohen, S., Miller, G., & Rabin, B. (2003). Loneliness and Antibody Response to Immunization in College Freshman. American Psychosomatic Society. Phoenix, AZ.

Pressman, S., Cohen, S., Miller, G., & Rabin, B. (2002). Loneliness and Antibody Response to Immunization. Pittsburgh Graduate Student Psychology Symposium. Pittsburgh, PA.

Pressman, S. (2002). Stress and Antibody Response to Influenza Immunization in College Freshman. Health Psychology & Behavioral Medicine Poster Session (University of Pittsburgh). Pittsburgh, PA.

Pressman, S. (2001). Stress and Antibody Response to Immunization. Health Psychology & Behavioral Medicine Poster Session (University of Pittsburgh). Pittsburgh, PA.

Pressman, S. (2000). Does regulation of ethanol intake in rats transfer across contexts? APICS Poster Presentation (Atlantic Provinces Council on the Sciences). Halifax, NS.

AWARDS & HONORS

- Clifton Strengths Institute Scholar (2009-current). *Advisor and instructor for the Clifton Strengths Institute.*
- Gallup Research Associate (2008-current). *Research associate position with the Gallup Organization which entails working with Gallup on publications of their world poll & daily interview data, giving presentations, and consulting.*
- American Psychosomatic Society Scholar Award (2008). *Awarded to the top trainees based on papers submitted to the annual conference.*
- Gallup Strengths Scholar (2007): *One of 8 international post-graduate researchers invited to participate in a well-being think tank made up of industry experts and academics. The aim was to share knowledge, experience and research ideas to develop and test sustainable evidence-based interventions to promote well-being and optimal performance across the life span.*
- Research Paper selected as a Fast-Breaking Paper in the field of Psychiatry & Psychology by Thomson Essential Science Indicators (June 2007): *Psychological Bulletin* article (2005) was selected as one of the **most-cited papers in Psychiatry and Psychology** published over the past two years.
- Seligman Dissertation Award for Positive Psychology Finalist (2006): *One of the top four dissertations relating to Positive Psychology for any dissertation written within five years of application for the award.*
- Carnegie Mellon Graduate Student Conference Funding Award (2006): *1 of approximately 20 awards distributed per term. Funding is open for application by all Carnegie Mellon Graduate Students and is awarded based on the scientific merit of the study to be presented.*
- Carnegie Mellon Graduate Student Conference Funding Award (2005)
- International Positive Psychology Summit Fellowship (2004): *Awarded for “The Association between Trait Positive Affect and Salivary Cortisol” for an exceptional paper addressing critical research topics in the field.*
- Carnegie Mellon Graduate Student Service Award (2003): *Awarded to the one graduate student on CMU’s campus that contributed the most to student life.*
- Carnegie Mellon Graduate Student Conference Funding Award (2002)
- Psychoneuroimmunology Research Society Scholar’s Award (2002): *For the paper “Stress and Antibody Response to Immunization in College Freshman” presented at the May 2002 meeting in Madison, WI.*
- Awarded membership to the Honor Society of Phi Kappa Phi (2002)
- Mount Allison President’s Leadership Award (1999)
- Mount Allison Scholar (1999 and 2000)
- Students’ Administrative Council Special Achievement Award for Leadership (2000)

SCHOLARSHIPS, FELLOWSHIPS & GRANTS

Fellowships/Scholarships:

- Beatrice Wright Scholar: *Endowed assistant professor position with a yearly award (\$7,400 per annum, 2008-2012).*
- University of Pittsburgh Cardiovascular Behavioral Medicine Training Fellowship (2006-2008):

Post doctoral training program devoted to developing understanding and research abilities in cardiovascular physiology, psychophysiology, epidemiology, and disease.

- Natural Sciences & Engineering Research Council of Canada Postgraduate Scholarship (B) (2003-2005): *Award provides financial support to high-caliber Canadian scholars who are engaged in Doctoral programs in the natural sciences or engineering. The Canada Graduate Scholarship is offered to the top-ranked applicants at each level.*
- Natural Sciences & Engineering Research Council of Canada Postgraduate Scholarship (A) (2001-2003): *Award provides financial support to high-caliber Canadian scholars who are engaged in Masters level programs in the natural sciences or engineering. The Canada Graduate Scholarship is offered to the top-ranked applicants at each level.*

Grants:

- Emotion management training: An innovative stress reduction program (\$1,200,000). *National Institute of Mental Health*. Role: Investigator.
- Ascension Health Partnership Grant (\$50,000) for the study: Holistic Mindful Wellness program for high-risk young adults. Role: Investigator
- Private funding from the Nettleton Foundation (\$40,000) for an intervention study to improve the mental and physical well-being of a population of elderly institutionalized adults. Role: Investigator
- Research Grant from the KU Life Span Institute for study on Attachment, Positive Emotion, Oxytocin & Stress Reactivity (\$11,000). Role: Principal Investigator.
- New Faculty Research Award from the University of Kansas (\$8,000) for a pilot study on vaccination beliefs, acceptance, and psychological traits related to vaccination responses in the elderly. Role: Principal Investigator
- Pittsburgh Mind-Body Center Pilot Finding (2006-2007): *Competitive pilot funding grant awarded to study perceived social status and facial emotion detection* (\$7,000). Role: Principal Investigator
- Small Project Award from Carnegie Mellon University Graduate Programs Office (2005): *Award distributed based on the merit of research ideas* (\$500). Role: Principal Investigator
- Pittsburgh Mind-Body Center Pilot Funding (2004-2005): *Competitive pilot funding grant awarded to study Positive Affect, Stress Reactivity and Health* (\$8,000) Role: Principal Investigator
- Pittsburgh Mind-Body Center Pilot Funding (investigator) (2001-2002): *Funding to help develop a mobile protocol to verify the presence of Upper Respiratory Infection* (\$5,000) Role: Investigator

TEACHING EXPERIENCE

Courses Taught:

- Social Factors & Well-Being
- Social Psychology: Theory, Research & Applications
- Health Psychology
- Research Methods in Social Psychology
- Research Methods in Health Psychology
- Research Methods in Psychophysiology & Neuroscience (*including psychophysiology laboratory)
- Women's Health: Sex Differences in Well-Being
- Immunology: The Mind-Body Connection (6 hour Continuing

Education course via the Institute for Brain Potential)

- Positive Psychology

Courses taught as a Teaching Assistant:

Social Psychology, Personality Psychology, Introduction to Psychology

Round tables and workshops taught:

- Resilience Research in Health Psychology
- Preparing for the Job Market in Academia
- Positive Health Psychology

SOCIETY MEMBERSHIPS (CURRENT & PAST)

- American Psychosomatic Society
- American Psychological Association (Division 38)
- Society for Personality and Social Psychology
- Association for Psychological Science
- International Positive Psychology Association
- Psychoneuroimmunology Research Society (past member)
- Society for Behavioral Medicine

PROFESSIONAL REVIEWING

Editorial Review Board

2010 - 2011: Health Psychology

Grant Reviewing

2011 Reviewer for National Institutes of Aging RFA: Subjective Well-Being Measurement

Ad Hoc Reviewing

- American Psychologist
- Annals of Behavioral Medicine
- Archives of Internal Medicine
- Current Directions in Psychological Science
- Emotion
- Journal of Affective Disorders
- Journal of Applied Social Psychology
- Journal of Consulting and Clinical Psychology
- Journal of Internal Medicine
- Journal of Psychosomatic Research
- Perspectives on Psychological Science
- Proceedings of the National Academy of Sciences
- Psychological Bulletin

- Journal of Personality and Social Psychology
- Psychological Science
- Psychoneuroendocrinology
- Psychosomatic Medicine
- Social Science and Medicine
- *Conference Reviewer*: American Psychosomatic Society, American Psychological Association Div. 38, Society for Behavioral Medicine

SERVICE

- **Co-Chair, Society for Personality and Social Psychology Health Psychology pre-conference (2012-2014)**
- Social Personality & Health Network Steering Committee member (2012-current)
- **Director, Psychology Department Awards Committee (2012-current)**
- University of Kansas Scholars selection committee and interviewer (2011)
- Budig Awards Committee (University of Kansas) (2011)
- Clinical Psychology Awards Committee (2008-current)
- KU Taskforce for community engaged research (2011)
- **Director, Bachelor of Science program in Psychology (2010-current)**
- Search Committee Member for Cognitive Neuroscience faculty position (2010-2011)
- Organizer/Judge KU Psychology Undergraduate Research Symposium (2010-current)
- McNair Scholars Program Mentor for 3 undergraduate students (2010-2011)
- Mentor for “Initiative for Maximizing Student Diversity” program (2 students) (2009-2011)
- Psychology Department Academic Misconduct Committee member (2010-current)
- University Scholars Taskforce 2010 (KU)
- **Head of Admissions (Clinical Psychology Program) (2009-2010)**
- Psychology Chair search committee member (2009-2010)
- Admissions Committee (Clinical Psychology Program) (2008-2009)
- Head of the University of Kansas Health Psychology Journal Club (2008-2009)
- Head of the University of Pittsburgh Cardiovascular Behavioral Medicine Journal Club (2007-2008)
- Carnegie Mellon Representative for the American Psychological Association Graduate Student Organization (2003-2006)
- Vice President of Carnegie Mellon Graduate Student Assembly (2001-2003)
- Carnegie Mellon Graduate Student Life Committee Chair (2001-2003)
- Graduate student representative to Psychology Department faculty meetings (2001-2002)
- President of the Psychology Society of Mount Allison University (1998-2000)
- Vice President of Mount Allison Student Government (1998-1999)

SELECTED EXAMPLES OF MEDIA COVERAGE

- American Psychological Association (February, 2006). “Stress Weakens the Immune System”, Research in Action (www.apa.org)
- Adelson, R. (May, 2005). “Only the Lonely”, **APA Monitor**
- Bakalar, N. (May, 2005). “Meet, Mingle & Stay Healthy”, **New York Times**
- Bhattacharya, S. (May, 2005). “Being a Loner Reduces Immunity and Heart Health”, **New Scientist**
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