

# Darwin A. Guevarra

Curriculum Vitae

## CONTACT INFORMATION

---

University of California, San Francisco  
Center for Health and Community  
San Francisco, California, 94107

Phone: (415) 350-6193  
Email: [Darwin.Guevarra@ucsf.edu](mailto:Darwin.Guevarra@ucsf.edu)  
Webpage: [www.darwinguevarra.com](http://www.darwinguevarra.com)

## ACADEMIC POSITIONS

---

2021 – Present **Postdoctoral Scholar**, University of California, San Francisco, CA  
Advisors: Wendy Berry Mendes

2019 – 2021 **Postdoctoral Fellow**, Michigan State University, East Lansing, MI  
Advisor: Jason S. Moser

## EDUCATION

---

2019 **Ph.D. in Social Psychology**, University of Michigan, Ann Arbor, MI  
Advisor: Ethan Kross

2015 **M.S. in Social Psychology**, University of Michigan, Ann Arbor, MI  
Advisor: Ethan Kross

2013 **B.A. in Psychology**, San Francisco State University, CA  
Advisor: Ryan T. Howell

## RESEARCH INTERESTS

---

Affect regulation, Stress, Well-being, Affective neuroscience, Psychophysiology, Placebos

## HONORS & AWARDS

---

2023 **NIH Diversity Supplement Award**  
The Center for Health and Community, University of California, San Francisco

2019 **Excellence in Mentorship Award**  
Awarded to a graduate student for outstanding training and support of undergraduate research assistants, Department of Psychology, University of Michigan

2019 **SPSP Graduate Student Poster Award**  
Poster awarded to the top 5 graduate student posters presented at the annual meeting of the Society for Personality and Social Psychology

2014 **NSF Graduate Research Fellowship, Honorable Mention**  
National Science Foundation

- 2014 – 2019 **Rackham Travel Grant**  
Rackham Graduate School, University of Michigan
- 2013 – 2018 **Horace H. Rackham Merit Fellowship**  
Rackham Graduate School, University of Michigan
- 2013 **Horace H. Rackham Summer Institute Fellowship**  
Rackham Graduate School, University of Michigan
- 2012 **Dr. Leslie and Phyllis Wong Scholarship Endowment**  
San Francisco State University
- 2012 **SPSP Diversity Fund Undergraduate Registration Award**  
Diversity and Climate Committee, Society for Personality and Social Psychology
- 2012 **First Place Winner of the CSU 26th Annual Student Research Competition**  
California State University, Long Beach
- 2011 – 2013 **NIMH Career Opportunities in Research (COR) Training Grant**  
National Institute of Mental Health

## GRANTS

---

- 2023 **Co-PI (with Drs. Wendy Berry Mendes and Yoobin Park), NIA Subaward**  
Source: NIH National Institute of Aging subaward (#U24AG072699)  
Project: *Examining transcutaneous vagal nerve stimulation as a facilitator of social bonding*  
Total Amount: \$80,000
- 2022 **PI, Diversity Supplement Grant**  
Source: NIH National Institute of Aging  
Project: *Advancing psychosocial and biobehavioral approaches to improve emotional well-being*  
Total Amount: \$ 232,756
- 2020 **Co-I (with Jason S. Moser), MSU COVID-19 Small Grant Competition**  
Source: College of Social Science, Michigan State University  
Project: *A pilot study testing the efficacy of placebos without deception to manage COVID-19 stress and anxiety*  
Total Amount: \$5,000
- 2018 **PI, Department of Psychology Dissertation Grant**  
Source: Department of Psychology, University of Michigan  
Project: *Addressing response bias issues: Regulating pain with non-deceptive placebos*  
Total Amount: \$1,000
- 2016 – 2017 **Co-PI, (with Jonathan Martindale) UROP Research Grant**  
Source: Undergraduate Research Opportunity Program, University of Michigan  
Project: *Uncertainty and pain duration*  
Total Amount: \$1,000

- 2016           **PI, Rackham Summer Award**  
Source: Rackham Graduate School, University of Michigan  
Project: *Addressing demand characteristic effects for non-deceptive placebos*  
Total Amount: \$8,000
- 2015 – 2016   **PI, UROP Research Grant**  
Source: Undergraduate Research Opportunity Program, University of Michigan  
Project: *Regulating emotions with placebos*  
Total Amount: \$2,500
- 2014           **PI, Spring/Summer Research Grant**  
Source: Rackham Graduate School, University of Michigan  
Project: *Harnessing the benefits of placebos without deception to promote emotion regulation*  
Total Amount: \$6,000

## **PUBLICATIONS**

---

- Guevarra, D. A.**, Kross, E., & Moser, J. S. (2023). Harnessing placebo effects to regulate emotions. In J. Gross, B.Q. Ford (Eds), *Handbook of Emotion Regulation* (3<sup>rd</sup> Edition). New York: Guilford.
- Guevarra, D.A.**, Louis, C., Gloe, L. M., Russman Block, S., Kashy, D., Klump, K. L., & Moser, J.S. (2023). Examining a window of vulnerability for affective symptoms in the mid-luteal phase of the menstrual cycle. *Psychoneuroendocrinology*, *147*, 105958.
- Geers, A. L., Faasse, K., **Guevarra, D. A.**, Clemens, K. S., Helfer, S. G., & Colagiuri, B. (2021). Affect and emotions in placebo and nocebo effects: What do we know so far? *Social and Personality Psychology Compass*, e12575.
- Guevarra, D. A.**, Moser, J. S., Wager, T. D., & Kross, E. (2020). Placebos without deception reduce self-report and neural measures of emotional distress. *Nature Communications*, *11*(1), 3785.
- Moser, S., Dougherty, A., Mattson, W. I., Katz, B., Moran, T. P., **Guevarra, D. A.**, Shablack, H., Ayduk, O., Jonides, J., Berman, M., & Kross, E. (2017). Third person self-talk facilitates emotional control without engaging cognitive control: Converging evidence from ERP and fMRI. *Scientific Reports*, *7*(1), 4519.
- Penner, L. A., **Guevarra, D. A.**, Harper, F. W. K., Taub, J., Phipps, S., Albrecht, T. L., & Kross, E. (2016). Self-distancing buffers high trait anxious pediatric cancer caregivers against short- and longer-term distress. *Clinical Psychological Science*, *4*(4), 629-640.
- Kross, E., & **Guevarra, D. A.** (2015). Self-control. *Oxford Bibliographies in Psychology*.
- Guevarra, D. A.**, & Howell, R. T. (2015). To have in order to do: Exploring the effects of consuming experiential products on well-being. *Journal of Consumer Psychology*, *25*(1), 28-41.
- Zhang, J. W., Howell, R. T., Caprariello, P. A., & **Guevarra, D. A.** (2014). Damned if they do, damned if they don't: Material buyers are not happier from material or experiential consumption. *Journal of Research in Personality*, *50*(1), 71-83.

Howell, R. T., & Guevarra, D. A. (2013). Buying happiness: Differential consumption experiences for material and experiential purchases. In A. M. Columbus (Ed.), *Advances in psychology research* (Vol. 98, pp. 57-69). Hauppauge, NY: Nova Science Publishers.

## MANUSCRIPTS AVAILABLE AS PREPRINTS

---

**Guevarra, D.A.**, Webster, C., Moros, J.N., Kross, E., & Moser, J.S. (*Revise and resubmit*). Non-deceptive placebos administered through telehealth reduce COVID-related stress, anxiety, and depression.

**Guevarra, D.A.**, Shafir, R., Kross, E., & Moser, J.S. (In preparation). A framework for harnessing placebo effects in emotion regulation.

**Guevarra, D.A.**, Vu, T., Riddle, T., & Howell, R.T. (In preparation). In defense of material consumption: Some insights into maximizing the well-being benefits of consuming material purchases.

## SELECTED MANUSCRIPTS IN PREPARATION

---

**Guevarra, D.A.**, Dutcher, E., Crum, A.J., Prather, A., & Epel, E. (In preparation). Vaccine mindsets predict positive mood, less stress and symptoms, but not SARS-CoV-2 antibody response: The BOOST Study (Building Optimal Antibodies Study)

**Guevarra, D.A.**, Velehorsch, T., Druskovich, C., Geers, A.L., & Ellsworth, P. C. (In preparation). Differential effects of temporal information on the experience of physical pain and emotional distress.

**Guevarra, D. A.**, Sgambati, T., Colloca, L., & Geers, A. L. (In preparation). Perceptions of people who believes and positively responds to placebos without deception.

Webster, C., **Guevarra, D.A.**, & Moser, J.S., (In preparation). A meta-analytic investigation of the late positive potential as a neurophysiological index of emotion regulation.

Louis, C.C., Gloe, L.M., **Guevarra, D.A.**, Winters, A., Velehorsch, T., & Moser, J.S. (In preparation). Average levels of estradiol and progesterone differentially moderate the association between worry and error-related brain activity.

Webster, C., **Guevarra, D.A.**, Velehorsch, T., & Moser, J.S., (In preparation). A proof of principle investigation of an integrated exercise and emotion regulation intervention.

## OP-ED AND SCIENCE COMMUNICATION ARTICLES

---

**Guevarra, D.A.** & Leibowitz, K.A. (2022). Why placebo pills work even when you know they're a placebo. *Aeon Psyche*.

**Guevarra, D.A.**, Kross, E., & Moser, J.S. (2021). Can placebos make you feel better? *The Science Breaker*.

## INVITED AND DEPARTMENTAL TALKS

---

- Guevarra, D.A.** (2020, November). *Advancing the Viability of Using Non-Deceptive Placebos to Regulate Affect and Affect-Related Conditions*. Presentation at the Social Psychology Brown Bag Speaker Series, Department of Psychology, University of Virginia. (Online)
- Guevarra, D.A.** (2019, September). *Are they real? Examining the regulatory effects of non-deceptive placebos on emotional distress*. Presentation at the Clinical Science Forum, Department of Psychology, Michigan State University, East Lansing, MI.
- Guevarra, D. A., Moser, J. S., & Kross, E.** (2019, May). *Are they real? Regulating emotional distress with non-deceptive placebos*. Presentation at the Social and Mind, Brain, and Behavior Brown-bag Speaker Series, San Francisco State University, San Francisco, CA.
- Guevarra, D. A., Moser, J.S., & Kross, E.** (2018, March). *Outsourcing regulation: Regulating emotions with non-deceptive placebos*. Presentation at the Social Area Brown Bag Speaker Series, Department of Psychology, University of Michigan, Ann Arbor, MI.
- Guevarra, D. A., & Kross, E.** (2015, May). *Regulating emotions with non-deceptive placebos*. Presentation at the Social Area Brown Bag Speaker Series, Department of Psychology, University of Michigan, Ann Arbor, MI.
- Guevarra, D. A., & Kross, E.** (2014, May). *The belief effect: Harnessing the benefits of placebos without deception in regulating emotions*. Presentation at the Social Area Brown Bag Speaker Series, Department of Psychology, University of Michigan, Ann Arbor, MI.
- Guevarra, D. A., & Howell, R.T.** (2013, May). *Buying happiness: Differential consumption experiences for material and experiential purchases*. Presentation at the Social and Mind, Brain, and Behavior Brown-bag Speaker Series, San Francisco State University, San Francisco, CA.
- Guevarra, D. A., & Howell, R. T.** (2012, April). *The iPad problem: What's between a material and experiential purchase?* Presentation at the Social and Mind, Brain, and Behavior Brown-bag Speaker Series, San Francisco State University, San Francisco, CA.

## CONFERENCE PRESENTATIONS

---

- Guevarra, D.A., Moser, J.S., & Kross, E.** (2023, June). Outsourcing affect regulation to non-deceptive placebos. Paper presented in Webster, C.T. & Kross, E. (Chairs), *Psychophysiological approaches to emotion regulation and psychopathology: Shedding light on strategies to improve mental health*. Presented at the 21<sup>st</sup> World Congress of Psychophysiology of the International Organization of Psychophysiology at Geneva, Switzerland. (Proxy talk by Dr. Marco Valerio)
- Guevarra, D.A., Webster, C.T., Moros, J.N., Kross, E., & Moser, J.S.** (2023, June). Non-deceptive placebos administered through telehealth reduce stress, anxiety, and depression associated with the COVID-19 pandemic. Flash talk presented at the Bay Area Affective Science Society Meeting, Davis, CA.
- Guevarra, D.A. & Mendes, W.B.** (2023, February). *Examining the efficacy of affect labeling in daily life*. Flash talk presented at the 14<sup>th</sup> Annual Society of Personality and Social Psychology Health Pre-Conference, Atlanta, GA.
- 2023 Winner of Outstanding Flash Talk Award

- Guevarra, D.A.**, Prather, A.A., Necka, E.A., Rosa, C.M., & Mendes, W.B. (2022, May). Emotional well-being and the immune system: A systematic review and meta-analysis. Paper presented in Park, C. (Chair), *Defining and measuring emotional well-being: Current challenges and future directions*. Presented at the conference for the Association of Psychological Science at Chicago, IL.
- Velehorsch, T., Winters, A.M., **Guevarra, D.A.**, & Moser, J.S. (2021, May). *Examining a window of vulnerability for affective symptoms in the mid-luteal phase of the menstrual cycle*. Presented at the conference for the Association of Psychological Science. (Online)
- Guevarra, D.A.**, Moser, J.S., Wager, T.D., & Kross, E. (2021, May). *Placebos without deception reduce self-report and neural measures of emotional distress*. Presented at the conference for Society for Interdisciplinary Placebo Studies. (Online)
- Guevarra, D.A.**, Moser, J.S., Wager, T.D., & Kross, E. (2020, October). *Placebos without deception reduce self-report and neural measures of emotional distress*. Presented at the Michigan Regional Postdoctoral Symposium, East Lansing, MI. (Online)
- 2020 Winner of Michigan Regional Postdoc Research Talk Competition
- Guevarra, D.A.**, Moser, J.S., Wager, T.D., & Kross, E. (2020, October). *Advancing the viability of non-deceptive placebos to improve physical and psychological health*. Presented at the conference of the Society for Psychophysiological Research. (Online)
- Guevarra, D.A.**, Moser, J.S., Wager, T.D., & Kross, E. (2020, April). *Are they real? Non-deceptive placebos reduce self-reported and a neurological marker of emotional distress*. Presented at the conference of the Society for Affective Science, San Francisco, CA. (Cancelled)
- Moser, J.S., Kross, E., & **Guevarra, D.A.** (2019, September). Insights on explicit and implicit emotion regulation from electrophysiology. Paper presented in S. Schindler (Chair), *Electrocortical responses in emotion processing – Insights from healthy participants, amygdala-resection, and psychopathological patients*. Presented at the conference of the Society for Psychophysiological Research, Washington, D.C.
- Howell, R. T., Vu, T., & **Guevarra, D. A.**, (2019, February). Some of the best things in life are things. Paper presented in G. E. Donnelly (Chair), *The upside of material consumption: Exploring the psychological value of material goods*. Presented at the conference of Society for Consumer Psychology, Savannah, GA.
- Guevarra, D. A.**, Howell, R. T., & Pchelin, P. (2013, January). *In pursuit of happiness: Which purchases live up to expectations?* Paper presented in A. Kumar (Chair) and T. Gilovich (Co-Chair), *On doing and having: 10 years of answers to “The Question” of experimental versus material consumption*. Presented at the conference of the Society for Personality and Social Psychology, New Orleans, LA.
- Guevarra, D. A.**, & Howell, R. T. (2012, May). *Is my iPad a material item? Addressing the fuzzy purchase conundrum*. Presented at the Annual Student Research Competition at California State University Long Beach, Long Beach, CA.
- Winner of the San Francisco State University CSU Student Research Competition
  - First Place Winner of the CSU 26th Annual Student Research Competition

## SELECTED CONFERENCE POSTER PRESENTATIONS

---

\*Indicates undergraduate student mentee

- \*Rosa, C.M., **Guevarra, D.A.**, & Mendes, W.B. (2023, June). *Improving Acute Stress Through Music*. Poster presented at the 2023 Bay Area Affective Science Conference, Davis, CA.
- \*Moros, J.A., \*Subramaniam, S., \*Lind, B.M., **Guevarra, D.A.**, & Moser, J.S. (2021). *Examining trait anxiety as a moderator of non-deceptive placebo effects in reducing COVID-19 related stress*. Annual University Undergraduate Research and Arts Forum at Michigan State University, East Lansing, MI.
- \*Subramaniam, S., \*Moros, J.M., \*Alsabeh, D.R., \*Nallabelli, A., \*Nallabelli, N., & **Guevarra, D.A.**, & Moser, J.S. (2021). *The influence of experimenter warmth and competence on the efficacy of non-deceptive placebos in reducing COVID-19 related stress*. Annual University Undergraduate Research and Arts Forum at Michigan State University, East Lansing, MI.
- 2021 Winner of the Undergraduate Research and Arts Forum Outstanding Poster Award
- \*Eckerle, W., Winters, A., & **Guevarra, D.A.** (2020, February). *Psychological and demographic predictors of open-label placebo endorsement*. Society of Personality and Social Psychology, New Orleans, LA.
- \*Velehorsch, T., Martindale, J., \*Sgambati, T.J., Ellsworth, P. C., & **Guevarra, D.A.** (2020, February). *Differential effects of knowledge duration on pain and negative feelings*. Society of Personality and Social Psychology, New Orleans, LA.
- 2020 2<sup>nd</sup> Place Winner of the Undergraduate Student Poster Award at SPSP
- \*Eiroa-Solans, C., \*Sgambati, T. J., \*Bogen, A., & **Guevarra, D.A.** (2020, February). *Situational context in polyregulation: Intensity and controllability*. Society of Personality and Social Psychology, New Orleans, LA.
- \*Bogen, A., \*Shoha, S., \*Eiroa-Solans, C., \*Sgambati, T.J., Geers, A. L., & **Guevarra, D.A.** (2020, February). *Social perceptions of non-deceptive placebo believers and responders*. Society of Personality and Social Psychology, New Orleans, LA.
- Guevarra, D. A.**, Moser, J. S., & Kross, E. (2019, February). *Are they real? Non-deceptive placebos reduce emotional reactivity in both self-report and EEG data*. Society for Personality and Social Psychology, Portland, OR.
- 2019 Winner of the Graduate Student Poster Award at SPSP
- \*Sgambati, T. J., \*Solans, C. E., \*Rich, R. K., & **Guevarra, D.A.** (2019, February). *Strategy selection: Emotional contexts and frequency of use*. Society for Personality and Social Psychology, Portland, OR.
- Guevarra, D. A.**, & Kross, E. (2016, January). *Believe it or not: Regulating negative emotions with non-deceptive placebos*. Society for Personality and Social Psychology, San Diego, CA.
- Guevarra, D. A.**, & Howell, R. T. (2015, February). *The iPad problem: The effects of experiential products on well-being*. Society for Personality and Social Psychology, Long Beach, CA.

- Guevarra, D. A., & Howell, R. T.** (2014, February). *More than happiness: The eudaimonic benefits of experiential products and experiential purchases*. Society for Personality and Social Psychology, Austin, TX.
- Guevarra, D. A., & Howell, R. T.** (2013, January). *Is my iPad a material or experiential purchase? Exploring the benefits of material purchases that provide experiences*. Society for Personality and Social Psychology, New Orleans, LA.
- Guevarra, D. A., & Howell, R. T.** (2012, May). *The gray area between purchase types: The iPad problem*. Annual Graduate Research and Creative Works Showcase at San Francisco State University, San Francisco, CA.
- Guevarra, D. A., Pchelin, P., & Howell, R. T.** (2012, April). *Influence of experiential buying tendency on purchasing forecasts and experiences*. Western Psychological Association, San Francisco, CA.
- Guevarra, D. A., Pchelin, P., & Howell, R. T.** (2012, January). *The influence of materialism on purchasing forecasts and experiences*. Society for Personality and Social Psychology, San Diego, CA.

## SELECTED MEDIA COVERAGE

---

- “The weird science of the placebo effect keeps getting more interesting.” (May 5, 2021). *Vox*.
- “Can Placebos Work—Even When Patients Know They’re Fake?” (October 20, 2020). *Wired*.
- “If You Believe a Placebo Reduces Negative Feelings, It Might” (August 9, 2020). *Psychology Today*.
- “Feeling Stressed? Try Talking to Yourself, But in Third Person” (July 28, 2017). *Newsweek*.
- “Silent Third Person Self-Talk Facilitates Emotion Regulation” (July 28, 2017). *Psychology Today*.
- “How Money Can Buy You Happiness” (May 28, 2015). *Men’s Health*.
- “Actually, Some Material Goods *Can* Make You Happy” (August 1, 2014). *The Atlantic*.

## MENTORING AND ADVISING

---

### Postbaccalaureate Mentees

2022 – Present: Christina M. Rosa (UCSF)

2023 – Present: Jordan Rosenberg (UCSF)

2023 – Present: Rui Wang (UC Irvine)

### Postdoc Independent Study Supervisor at Michigan State University

2021: Sharanya Subramaniam. *The influence of experimenter warmth and competence on the efficacy of non-deceptive placebos in regulating emotional distress*

### Postdoc Mentor for Provost’s Undergraduate Research Initiative at Michigan State University

2020 – 2021: Jade N. Moros

### Undergraduate Research Team at Michigan State University

2018 – 2021: Supervised 15+ research assistants

### Undergraduate Research Team at University of Michigan: Mind & Body Research Group



2013 – 2019: Supervised 40+ research assistants

### **Undergraduate Research Opportunity Program (UROP) Mentor**

2018 – 2019: Amber Mahmood and Rachael Rich

2016 – 2017: Sarnath Chari, Anusha Garg, Mandy Coterillo, and Lauren Patrick

2015 – 2016: Michaela Milillo, Holly Koperski, Summer Stern, and Gene Bell III

2014 – 2015: Nadja Beattie and Zain El-Amir

### **Undergraduate Senior Thesis Students**

2016 – 2017: Jonathan Martindale. *The effects of knowing: How beliefs of pain duration impact subjective pain* (Co-advised with Phoebe Ellsworth)

2014 – 2015: Lawrence Y. Tello. *Beliefs influence the consequences of expressive suppression* (Co-advised with Shinobu Kitayama and Ethan Kross)

### **Summer Research Advisor**

Spring/Summer 2016: Beverlin del Rosario, Summer Research Opportunity Program (SROP)

Spring/Summer 2015: Juan Contreras, Community College Summer Researcher Fellowship Program

## **TEACHING EXPERIENCE**

---

Note: Student ratings were on a 1-5 Likert Scale from “strongly disagree” (1) to “strongly agree” (5)

### **Practical Research Methods for Social and Personality Psychology (Winter 2019)**

Role: Primary/Sole Instructor

Responsibilities: designed a class for students to experience the research process from idea conception to manuscript writing, lectured, created class modules that teaches concrete research skill sets such as coding in R and designing a Qualtrics survey, created writing assignments, graded, held office hours, and facilitated discussions.

Number of Students: 13

Overall, the instructor was an excellent teacher: Mean = 4.75; Median = 5.00

### **Introduction to Social Psychology (Fall 2018)**

Role: Primary/Sole Instructor

Responsibilities: designed class syllabus, lectured, created writing assignments, created and administered exams, graded, held office hours, and facilitated discussions.

Number of Students: 15

Overall, the instructor was an excellent teacher: Mean = 5.00; Median = 5.00

### **Research Methods in Psychology (Winter 2018)**

Role: Graduate Student Instructor with Dr. Colleen Seifert

Responsibilities: designed class syllabus, held two weekly sessions for approximately 20 students each, led class and group discussions, held office hours, graded writing assignments, helped create and administer exams.

Number of Students: 37

Overall, the instructor was an excellent teacher: Mean = 5.00; Median = 5.00

### **Research Methods in Psychology (Fall 2017)**

Role: Graduate Student Instructor with Dr. Julie Boland

Responsibilities: held two weekly sessions for approximately 20 students each, led class and group discussions, held office hours, graded writing assignments, and administered quizzes.

Number of Students: 36

Overall, the instructor was an excellent teacher: Mean = 4.27; Median = 5.00

### **Introduction to Social Psychology (Summer 2017)**

Role: Primary/Sole Instructor

Responsibilities: designed class syllabus, lectured, created writing assignments, created and administered exams, graded, held office hours, and facilitated discussions.

Number of Students: 30

Overall, the instructor was an excellent teacher: Mean = 4.77; Median = 5.00

### **Research Methods in Psychology (Winter 2017)**

Role: Graduate Student Instructor with Dr. Colleen Seifert

Responsibilities: designed class syllabus, held two weekly sessions for approximately 20 students each, led class and group discussions, held office hours, graded writing assignments, helped create and administer exams.

Number of Students: 44

Overall, the instructor was an excellent teacher: Mean = 4.94; Median = 5.00

### **Introduction to Social Psychology (Fall 2016)**

Role: Graduate Student Instructor with Dr. Carla Grayson

Responsibilities: designed class syllabus, held three weekly sessions to approximately 25 students each, led class and group discussions, held office hours, graded writing assignments, helped create and administered exams.

Guess Lectured: “How to feel happier and feel less bad”

Number of Students: 78

Overall, the instructor was an excellent teacher: Mean = 4.82; Median = 5.00

### **Introduction to Social Psychology (Fall 2014)**

Role: Graduate Student Instructor with Dr. Allison Earl

Responsibilities: designed class syllabus, held three weekly sessions to approximately 25 students each, led class and group discussions, held office hours, graded writing assignments, helped create and administered exams.

Number of Students: 70

Overall, the instructor was an excellent teacher: Mean = 4.35; Median = 5.00

### **Psychological Statistics (Spring 2013)**

Role: Teaching Assistant with Dr. Ryan T. Howell

Responsibilities: assisted students with in-class group work and homework, held office tutoring hours, and organized and conducted review sessions.

### **Physiological Psychology (Fall 2012)**

Role: Teaching Assistant with Dr. Mark W. Geisler

Responsibilities: held office tutoring hours, organized and conducted review sessions, and administered and graded exams.

Guess Lectured: “The neural architecture of (some) emotion regulation strategies: Attentional distraction and reappraisal”

## PROFESSIONAL SERVICE

---

**Society for Affective Science Membership/Outreach Committee Member (2022 – Present)**

Assist in growing and sustaining the interdisciplinarity, diversity, and international membership of SAS through outreach to other societies, organizations, and individuals.

**Emotional Well-Being Network Education and Training Committee Member (2022 – Present)**

Assist in improving network education and training initiatives.

**Emotional Well-Being and Stress Measurement Network Grant Reviewer (2021 – Present)**

University of California, San Francisco

**Diversity and Outreach Committee Member, SPR (2020 – Present)**

Assist in expanding the representation of the Society for Psychophysiological Research's membership and promote diversity in the science and profession.

**Emotional Well-Being Network Communications Committee Member (2021 – 2022)**

Assist in improving intranetwork communications and broaden network outreach.

**Executive Director, Stress Measurement Network, UCSF (2021 – 2022)**

Lead network efforts in improving the measurement of stress in research studies, organizing resources, and cataloguing stress management interventions.

**Regional Postdoc Symposium Organization Committee Member, MSU (2020)**

Assisted in organizing the 2020 Michigan Regional Postdoc Symposium held at Michigan State University, East Lansing.

**Student Academic Affairs Committee Member, University of Michigan (2017 – 2018)**

One graduate student annually selected in Social Psychology area to contribute in reviewing and making decisions on policy related to graduate and undergraduate programs in the Department of Psychology at the University of Michigan, Ann Arbor.

**UM Psychology Department Associate (2016 – 2017)**

Two graduate students annually selected in Social Psychology area to contribute to Department Faculty meetings.

**Asian/Asian American Psychology Student Association Co-Chair (2015 – 2016)**

Department of Psychology at the University of Michigan, Ann Arbor.

**Rackham Merit Fellowship Graduate Student Advisory Council Member (2015 – 2016)**

Selected Rackham Merit Fellows to contribute in making decisions on how to professionally, academically, and socially support Rackham Merit Fellows at the University of Michigan.

**Public Relations Officer for Psi Chi, SFSU (2011 – 2012)**

San Francisco State University, San Francisco, CA.

## EDITORIAL SERVICE

---

**Ad Hoc Reviewer (Journals):**

*Affective Science*

*Applied Psychology: Health and Well-Being*

*Brain Connectivity*

*Journal of Neuroscience Research*

*Journal of Personality and Social Psychology*

*Journal of Positive Psychology*

*Cognition and Emotion*  
*Design Science*  
*Eating and Weight Disorders*  
*International Journal of Psychophysiology*  
*Journal of Economic Psychology*

*Pain*  
*Psychophysiology*  
*Scientific Reports*  
*Social Cognition*  
*Trends in Neuroscience*

**Ad Hoc Reviewer (Conferences):**

*Society for Affective Science (2023)*  
*Society for Behavioral Medicine (2022)*  
*Society for Psychophysiological Research (2022)*  
*Society for Personality and Social Psychology (2013, 2015, 2021)*  
*Mid-Michigan Symposium on Undergraduate Research Experiences (2020)*  
*Association for Psychological Science (2014)*

## **PROFESSIONAL ORGANIZATIONS**

---

Society for Personality and Social Psychology  
Society for Affective Science  
Association for Psychological Science  
Society for Psychophysiological Research  
Society for Interdisciplinary Placebo Studies  
Society of Behavioral Medicine

## **ADVANCED TRAINING**

---

**Emotional Well-Being and Physical Health: Summer Short Course (2023)**

Five day course on a systematic and rigorous overview of the relationship between positive emotional well-being and physical health, drawing on a variety of empirical methods with careful consideration of measurement issues.

**Meta-Analysis Workshop (2023)**

Three-day meta-analysis workshop with Dr. Michael Borenstein. Los Angeles, California

**Professional Grant Development Workshop (2018)**

Western Michigan University, Kalamazoo, MI

**Bio Social Methods: Integrating biological and social science methods (2015 – 2016)**

Bio Social Methods Collaborative, University of Michigan, Ann Arbor, MI

**Structural Equation Modeling in Longitudinal Research (2015)**

American Psychological Association (APA), Advanced Training Institute, Arizona State University, Tempe, AZ

**Training Course in fMRI (2014)**

University of Michigan, Functional MRI Laboratory, Ann Arbor, MI

**Summer Program in Quantitative Methods of Social Research (2013)**

Inter-university Consortium for Political and Social Research (ICPSR), University of Michigan  
Ann Arbor, MI

Courses taken: Mathematics for Social Scientist I; Introduction to Computing; Regression  
Analysis I; Regression Analysis II

**REFERENCES**

---

**Ethan Kross, Ph.D.**

Professor of Psychology  
Director of the Emotion and Self-Control Lab  
Department of Psychology, Social Area  
University of Michigan, Ann Arbor  
[ekross@umich.edu](mailto:ekross@umich.edu) (734) 763-5640

**Jason S. Moser, Ph.D.**

Professor of Psychology  
Director of the Clinical Psychophysiology Lab  
Department of Psychology, Clinical Area & Cognition & Cognitive Neuroscience  
Michigan State University  
[jmoser@msu.edu](mailto:jmoser@msu.edu) (517) 355-2159

**Wendy Berry Mendes, Ph.D.**

Charles C. & Dorathea S. Dilley Professor of Psychology  
Director of the Emotion, Health, and Psychophysiology Lab  
Department of Psychology  
Yale University  
[wendyberry.mendes@yale.edu](mailto:wendyberry.mendes@yale.edu)

**Phoebe C. Ellsworth, Ph.D.**

Frank Murphy Distinguished Professor Emerita of Law and Psychology  
Director of the Ellsworth Lab  
Department of Psychology, Social Area  
University of Michigan, Ann Arbor  
[pce@umich.edu](mailto:pce@umich.edu) (734) 763-1143

**Ryan T. Howell, Ph.D.**

Professor of Psychology  
Director of the Personality and Well-Being Lab  
Department of Psychology, Mind, Brain, and Behavior  
San Francisco State University  
[rhowell@sfsu.edu](mailto:rhowell@sfsu.edu) (415) 405-2140