

Curriculum Vitae
WENDY BERRY MENDES

Position: Sarlo/Ekman Endowed Chair in the Study of Human Emotion
Professor
Department of Psychiatry
University of California, San Francisco

Address: UCSF/LPPI
401 Parnassus Avenue
University of California, San Francisco
San Francisco, CA 94143-0984
Tel: 415.476.7409
Email: wendy.mendes@ucsf.edu

EDUCATION:

1993/1995	CSU Long Beach	B.A./M.A.	Psychology
2003	UC Santa Barbara	Ph.D.	Psychology
2004	UC San Francisco	Post doc	Psych & Medicine

PRINCIPAL POSITIONS HELD:

2004-2008	Harvard University	Assistant Professor	Psychology
2008-2010	Harvard University	John L. Loeb Associate Professor	Psychology
2010-present	UC San Francisco	Sarlo/Ekman Endowed Professor in the Study of Human Emotion	Psychiatry

OTHER POSITIONS HELD CONCURRENTLY:

2007-2010	Harvard University	Core Faculty, RWJ Health and Society Scholars School of Public Health
2008-2010	Harvard University	Core Faculty, Center on the Developing Child
2010-present	UC San Francisco	Site Director NIMH Affective Science pre-doc training program (T32) UCSF/UC Berkeley/ Stanford/UC Davis
2010-present	UC San Francisco	Leadership Faculty, RWJ Health and Society Scholars Center for Health and Community
2012-present	UC San Francisco	Director, Biology and Affective Health Sciences (formerly Health Psychology)

KEYWORDS/AREAS OF INTEREST:

Emotion, Stress, Stigma & Discrimination, Status and Hierarchies, Aging and Decision-Making, Anxiety Disorders, Affect Contagion, Emotion Regulation, Health Behaviors, Psychophysiology

HONORS AND AWARDS:

1999	Chuck McClintock Memorial Award – Outstanding Scholarship and Service (UCSB)
2000	Society for Psychophysiological Research Student Poster Award
2001	Society for Psychophysiological Research Student Poster Award
2002	UCSB Dissertation Fellowship
2005	Milton Research Fund Award, Harvard
2005	Cooke Research Fund Award, Harvard
2006	One of Harvard Undergraduates’ “Favorite Professors”
2007	Winner of the <i>Gordon Allport Intergroup Relations Prize</i> for best paper
2007	One of Harvard Undergraduates’ “Favorite Professors”
2008	Mentored the <i>SPSP Best Graduate Student Paper Award</i> (Akinola & Mendes, 2008)
2008	Cooke Research Fund Award, Harvard
2008	One of Harvard Undergraduates’ “Favorite Professors”
2009	Fellow of the Society of Experimental Social Psychology
2009	<i>SAGE Young Scholar Award</i> from the Society for Personality and Social Psychology
2009	One of Harvard Undergraduates’ “Favorite Professors”
2010	One of Harvard Undergraduates’ “Favorite Professors”
2011	<i>APS Janet Taylor Spence Award</i> for Transformative Early Career Contributions
2012	Fellow of the Association of Psychological Science
2012	Fellow of the Society for Personality and Social Psychology
2013	Fellow of the American Psychological Association
2016	Thibaut Award Lecture, UNC Chapel Hill

PROFESSIONAL ACTIVITIESMEMBERSHIPS

1999 - Present	Association of Psychological Science
1999 - Present	American Psychological Association
1999 - Present	Society for Psychophysiological Research
1999 - Present	Society for Personality and Social Psychology
2004 - 2013	Emotion Research Group
2007 - Present	Society for the Psychological Study of Social Issues
2009 - Present	Society of Experimental Social Psychology
2013 - Present	Society for Affective Science
2016 - Present	American Psychosomatic Society

SERVICE TO PROFESSIONAL ORGANIZATIONS

2008	Society for Psychophysiological Research Program Committee
2008	Society for Personality and Social Psychology Program Committee
2009	Gordon Allport Award Selection Committee
2010	Society for Personality and Social Psychology Program Committee, Co-Chair
2010	SPSP Committee for Career Award in Personality Psychology
2011-2013	Summer Institute in Social Personality Psychology Steering Committee (SISPP)
2011-2014	Society for Experimental Social Psychology, Executive Member (elected)
2011-2016	Board member for the Foundation for Personality and Social Psychology (Treasurer)
2012	SESP Career Trajectory Award Committee
2012	SESP Distinguished Scientist Award Committee
2012	APA Early Career Award Committee: Individual Differences, Chair
2012	Association of Psychological Science, James and Cattell awards committee
2012-2013	International Society for Emotion Research Conference, Program Committee
2012-2015	Janet Spence Early Career Award Committee, APS
2012-2015	Association of Psychological Science, Member-at-large (elected)

2013	SESP Career Trajectory Award Committee
2013	SESP Distinguished Scientist Award Committee, Chair
2013-2014	APS Convention 2014, Program Chair
2013-2015	Society for Affective Science Conference, Program Chair
2013-2017	Society for Affective Science, President (2015-2016), Executive Committee
2013-2015	Summer Institute in Social Personality Psychology (SISPP), Co-Chair
2014	SPSP Fellows Committee
2014	SESP Career Trajectory Award Committee, Chair
2014	SESP Program Committee
2015-2016	Society for Affective Science, President
2015-2018	SPSP Treasurer (elected)
2015-2016	APS Elections Committee
2016	Society for Affective Science, Elections Committee (Chair)

SERVICE TO PROFESSIONAL PUBLICATIONS

2011-present	Associate Editor, <i>Emotion Review</i>
2013-present	Senior Editor, <i>Psychological Science</i>
2016-2017	Guest Co-Editor (with Rebecca Ferrer) <i>Psychology & Health</i> , special issue on Emotion and Decision-Making in Health Contexts
2006-present	Editorial Board Member, <i>Journal of Experimental Social Psychology</i>
2009-present	Editorial Board Member, <i>Psychological Bulletin</i>
2011-present	Editorial Board Member, <i>Journal of Experimental Psychology: General</i>
2014-present	Editorial Board Member, <i>Motivation Science</i>
2015-present	Editorial Board Member, <i>Journal of Personality and Social Psychology: PPID</i>
2017-present	Editorial Board Member, <i>Journal of Personality and Social Psychology: ASC</i>
2009-2015	Associate Editor, <i>Journal of Personality and Social Psychology: PPID</i>
2012	Guest Editor, <i>Emotion</i>
2013	Associate Editor, <i>Psychological Science</i>
2015, 2016	Guest Editor, <i>Proceedings of National Academy of Science</i>
2005-2008	Editorial Board Member, <i>Journal of Personality and Social Psychology: IRGP</i>
2005-2008	Editorial Board Member, <i>Journal of Personality and Social Psychology: PPID</i>
2006-2008	Editorial Board Member, <i>Personality and Social Psychology Bulletin</i>
2009-2012	Editorial Board Member, <i>Psychological Science</i>

Ad hoc Reviewer:

<i>Annals of Behavioral Medicine</i>	<i>Journal of Psychophysiology</i>
<i>Biological Psychology</i>	<i>Journal of Research in Personality</i>
<i>British Journal of Psychology</i>	<i>Motivation and Emotion</i>
<i>Cognition and Emotion</i>	<i>Neuroimage</i>
<i>Current Directions in Psychological Science</i>	<i>Neuropsychologia</i>
<i>Emotion</i>	<i>Personality and Social Psychology Bulletin</i>
<i>Emotion Review</i>	<i>Personality and Social Psychology Review</i>
<i>Evolution and Human Behavior</i>	<i>Perspectives on Psychological Science</i>
<i>Group Processes and Intergroup Relations</i>	<i>Proceedings of the National Academy of Science</i>
<i>Handbook of Cognition and Emotion</i>	<i>Psychological Bulletin</i>
<i>Handbook of Emotion Regulation</i>	<i>Psychological Review</i>
<i>Health Psychology</i>	<i>Psychological Science</i>
<i>Hormones & Behavior</i>	<i>Psychology and Health</i>

Ad hoc Reviewer (Continued):

International Journal of Psychophysiology
Journal of Cognitive Neuroscience
Journal of Consulting and Clinical Psychology
Journal of Experimental Child Psychology
Journal of Experimental Social Psychology
Journal of Nonverbal Behavior
Journal of Neuroscience
Journal of Personality
Journal of Personality and Social Psychology
Trends in Cognitive Science

Psychoneuroendocrinology
Psychophysiology
Psychosomatic Medicine
Public Opinion Quarterly
Review of General Psychology
Social, Cognitive & Affective Neuroscience
Social Psychological & Personality Science
Social Science and Medicine
Stress & Health

RESEARCH AND CREATIVE ACTIVITIES**RESEARCH AWARDS AND GRANTS****CURRENT**

1. National Science Foundation (BCS 1430799), PI
Affect contagion: Exploring the catalytic effects of status, 2014 – 2017
2. National Institute of Aging, Multiple PIs: Epel, Mendes
Advancing psychosocial and biobehavioral stress measurement to understanding aging, 2014—2018
3. Greater Good Science Center, PI
Effects of measured and manipulated gratitude on biomarkers of health and aging, 2012—2017
4. Tobin Center, PI
Does inequality justify irrational decision making? 2014—20176
5. Robert Wood Johnson Grant, PI
Affect contagion during interracial interactions and its effect on mutual trust and prosocial behavior, 2013—2016
6. Robert Wood Johnson Grant, PI
An experimental approach to examining racial discrimination and sleep processes, 2013—2016
7. NIMH training grant (T32MH019391), PI
 National Institute of Mental Health,
Psychology & Medicine: Translational research on stress, behavior and disease, 2012—2017
8. National Center for Complementary and Alternative Medicine, Co-I
Metabolic and immunologic effects of meditation, 2009 – 2016

PAST

1. MH12013, pre-doc NRSA trainee
 National Institute of Mental Health,
Transactional coping from a biopsychosocial perspective, 1998 – 2001
2. Howard Hughes Medical Institute Grant, PI
Effects of stigmatization on cardiovascular reactivity, 1999

3. Robert Wood Johnson Health Disparities, PI
Autonomic and neuroendocrine responses following discrimination: Effects of SES and race in a community sample, 2003—2005
4. National Center for Complementary and Alternative Medicine, Co-I
Mindfulness-based stress reduction and neuroendocrine and ANS activity, 2005 – 2010
5. National Institute of Aging: Pilot Project for Global Demography of Aging, PI
Cognitive functioning under stress: An examination of how physiological responses affect decision-making in older adults, 2006 – 2008
6. Research Enabling Grant, Harvard University, PI
When is social contact effective at reducing inter-racial anxiety? 2007—2008
7. Robert Wood Johnson Grant, PI
Neuroendocrine and cardiovascular consequences of expecting and experiencing discrimination, 2007—2008
8. MH082620, PI/Sponsor (trainee, Akinola)
National Institute of Mental Health
The disjunction between mental and physical health outcomes for African Americans, 2007—2009
9. The Alliance of Civilizations Foundation, PI
How humiliation engenders anger, aggression and retribution, 2007 – 2009
10. Mind, Brain, & Behavior Interfaculty Initiative, PI
Contagiousness of racial bias: a psychophysiological examination of how mother's intergroup anxiety influences babies' preferences for social groups, 2008 – 2010
11. RO1 HL079383, PI
National Heart, Lung and Blood Institute
Effects of discrimination on physical and mental health, awarded, 2006 – 2012
12. 1RC2AG036780, PI on subcontract
National Institute of Aging
Race-based social stress and health trajectories from adolescence to adult, 2010—2012
13. 1F32 HD061195, PI/Sponsor (Jeremy Jamieson, trainee)
National Institute of Child and Human Development
A process model of adolescent risk-taking behavior, 2010 – 2012
14. AG030632, Co-I
National Institute of Aging
The biology of resilience: Oxytocin, social relationships and health, 2008 – 2013
15. Templeton Foundation, Co-I
The neurobiology of resilience and optimal aging: Oxytocin, social relationships, religious involvement, and health, 2009—2013
16. Robert Wood Johnson Grant, PI
Discrimination increases risk-taking, 2012—2013

PEER-REVIEWED PUBLICATIONS

*indicates graduate student or post-doctoral trainee

**indicates undergraduate advisee

1. Blascovich, J., Mendes, W. B., Hunter, S. & Salomon, K. (1999). Social facilitation as challenge and threat. *Journal of Personality and Social Psychology*, *77*, 68-77.
2. Mendes, W. B., Blascovich, J., Major, B. & Seery, M. D. (2001). Challenge and threat responses during downward and upward social comparisons, *European Journal of Social Psychology*, *31*, 477-497.
3. Blascovich, J., Mendes, W. B., Hunter, S., Lickel, B., & Kowai-Bell, N. (2001). Perceiver threat in social interactions with stigmatized others. *Journal of Personality and Social Psychology*, *80*, 253-267.
4. Mendes, W. B., Blascovich, J., Lickel, B., & Hunter, S. (2002). Challenge and threat during social interactions with White and Black men. *Personality and Social Psychology Bulletin*, *28*, 939-952.
5. Allen, K., Blascovich, J., & Mendes, W. B. (2002). Cardiovascular reactivity and the presence of pets, friends, and spouses: The truth about cats and dogs. *Psychosomatic Medicine*, *64*, 727-739.
6. Mendes, W. B., Reis, H., Seery, M.D., & Blascovich, J. (2003). Cardiovascular correlates of emotional expression and suppression: Do content and gender context matter? *Journal of Personality and Social Psychology*, *84*, 771-792.
7. Blascovich, J., Mendes, W. B., Tomaka, J., Salomon, K., & Seery, M.D. (2003). The robust nature of the biopsychosocial model of challenge and threat: A reply to Wright and Kirby. *Personality and Social Psychology Review*, *7*, 234-243.
8. Weisbuch-Remington, M., Mendes, W. B., Seery, M D., & Blascovich, J. (2005). The nonconscious influence of religious symbols in motivated performance situations. *Personality and Social Psychology Bulletin*, *31*, 1203-1216.
9. Epel, E. S., Lin, J., Wilhelm, F., Wolkowitz, O. M., Cawthon, R., Adler, N., Dolbier, C., Mendes, W. B. & Blackburn, E. H. (2006). Cell aging in relation to stress arousal and cardiovascular disease risk factors. *Psychoneuroendocrinology*, *31*, 277-287.
10. Mendes, W. B., Blascovich, J., Hunter, S., Lickel, B., & Jost, J. (2007). Threatened by the unexpected: Physiological responses during social interactions with expectancy-violating partners. *Journal of Personality and Social Psychology*, *92*, 698-716.

Winner of the Gordon Allport Intergroup Relations Prize for 2007

Reprinted in: Kawakami, K. (2014). *The Psychology of Prejudice*. Sage Publications: New York: NY.

11. Mendes, W. B., *Gray, H., Mendoza-Denton, R., Major, B. & Epel, E. (2007). Why egalitarianism might be good for your health: Physiological thriving during stressful intergroup encounters. *Psychological Science*, *18*, 991-998.
12. Nock, M. K. & Mendes, W. B. (2008). Physiological arousal, distress tolerance, and social problem-solving deficits among adolescent self-injurers. *Journal of Consulting and Clinical Psychology*, *76*, 28-38.

13. Gramzow, R., *Willard, G., & Mendes, W. B. (2008). Big tales and cool heads: Academic exaggeration is related to cardiac vagal reactivity. *Emotion*, 8, 138-144.
14. Mendes, W. B., Major, B., McCoy, S., & Blascovich, J. (2008). How attributional ambiguity shapes physiological and emotional responses to social rejection and acceptance. *Journal of Personality and Social Psychology*, 94, 278-291.
15. *Gray, H., Mendes, W. B., **Denny-Brown, C. (2008). An in-group advantage in detecting intergroup anxiety. *Psychological Science*, 19, 1233-1237.
16. *Akinola, M. & Mendes, W. B. (2008). The dark side of creativity: Biological vulnerability and negative emotions lead to greater artistic creativity. *Personality and Social Psychology Bulletin*, 34, 1677-1686.

Winner of the SPSP best graduate student authored paper award 2008

17. *Navarrete, C. D., Olsson A., *Ho, A., Mendes, W. B., *Thomsen, L. & Sidanius, J. (2009). Fear extinction to an out-group face: The role of target gender. *Psychological Science*, 20, 155-158.
18. Schmader, T., Forbes, C. E., Zhang, S., & Mendes, W. B. (2009). A meta-cognitive perspective on the cognitive deficits experienced in intellectually threatening environments. *Personality and Social Psychology Bulletin*, 35, 584-596.
19. *Kassam, K., *Koslov, K., & Mendes, W. B. (2009). Decisions under distress: Stress profiles influence anchoring and adjustment. *Psychological Science*, 20, 1394-1399.
20. Kubzansky, L. D., Mendes, W. B., Appleton, A., Block, J. & Adler, G. (2009). Protocol for an experimental investigation of the roles of oxytocin and social support in neuroendocrine, cardiovascular, and subjective responses to stress across age and gender, *BMC Public Health*, 9, 481, 1-17.
21. *Eliezer, D., Major, B., & Mendes, W. B. (2010). The costs of caring: Gender identification increases threat following exposure to sexism. *Journal of Experimental Social Psychology*, 46, 159-165.
22. *Waugh, C. E., Panage, S., Mendes, W. B., & Gotlib, I. H. (2010). Cardiovascular and affective recovery from anticipatory threat. *Biological Psychology*, 84, 169-175.
23. *Jamieson, J., Mendes, W. B., **Blackstock, E. & Schmader, T. (2010). Turning the knots in your stomach into bows: Reappraising arousal improves performance on the GRE. *Journal of Experimental Social Psychology*, 46, 208-212.
24. Mendes, W. B. (2010). Weakened links between mind and body in older age: The case for *maturational dualism* in the experience of emotion. *Emotion Review*, 2, 240-244.
25. *Page-Gould, E., Mendes, W. B., & Major, B. (2010). Intergroup contact facilitates physiological recovery following stressful intergroup interactions. *Journal of Experimental Social Psychology*, 46, 854-858.
26. *Townsend, S., Major, B., *Sawyer, P., & Mendes, W. B. (2010). Can the absence of prejudice be more threatening than its presence? It depends on one's worldview. *Journal of Personality and Social Psychology*, 99, 933-947.
27. *Koslov, K., Mendes, W. B., **Patjas, P., & Pizzagalli, D. A. (2011). Asymmetry in resting intracortical activity as a buffer to social threat. *Psychological Science*, 22, 641-649.

28. *Eliezer, D., *Townsend, S. M., *Sawyer, P. J., Major, B., & Mendes, W. B. (2011). System justifying beliefs moderate the relationship between perceived discrimination and resting blood pressure. *Social Cognition, 29*, 303-321.
29. *Townsend, S. M., *Gangi, C., Major, B., & Mendes, W. B. (2011). From “in the air” to “under the skin”: Cortisol responses to social identity threat. *Personality and Social Psychology Bulletin, 37*, 151-164.
30. *Cushman, F., *Gray, K., **Gaffey, A., & Mendes, W. B. (2012). Simulating murder: The aversion to harming others. *Emotion, 12*, 2 - 7.
31. *Akinola, M. & Mendes, W. B. (2012). Stress-induced cortisol facilitates threat-related decision making among police officers. *Behavioral Neuroscience, 126*, 167-174.
32. *Jamieson, J. P., Nock, M. K., & Mendes, W. B. (2012). Mind over matter: Reappraising arousal improves cardiovascular and cognitive responses to stress. *Journal of Experimental Psychology: General, 141*, 417-422.
33. Schmader, T., Croft, A., Scarnier, M., Lickel, B., & Mendes, W. B. (2012). Not in mixed company: Emotional reactions to observed prejudice. *Group Processes and Intergroup Relations, 15*, 379-392.
34. *Sawyer, P., Major, B., *Casad, B. J., *Townsend, S., & Mendes, W. B. (2012). Discrimination and the stress response: Psychological and physiological consequences of anticipating prejudice in interracial interaction. *American Journal of Public Health, 102*, 1020-1026.
35. Kubzansky, L. D., Mendes, W. B., Appelon, A., Block, J., & Adler, G. K. (2012). A heartfelt response: Oxytocin and social stress. *Biological Psychology, 90*, 1-9.
36. *Jamieson, J.P., *Koslov, K., Nock, M.K., & Mendes, W. B. (2013). Experiencing discrimination increases risk-taking. *Psychological Science, 24*, 131-139.
37. Epel, E. S., Puterman, E., Lin, J., Blackburn, E., & Mendes, W. B. (2013). Wandering minds and aging cells. *Clinical Psychological Science, 1*, 75-83.
38. *Jamieson, J. P., Mendes, W. B., & Nock, M. K. (2013). Improving stress responses: The power of reappraisals. *Current Directions in Psychological Science, 22*, 51-56.
39. Major, B., Mendes, W. B. & Dovidio, J. (2013). Intergroup relations and health disparities: A social psychological perspective. *Health Psychology, 32*, 514-524.
40. *Jamieson, J. P., Mendes, W. B., & Nock, M. K. (2013). Changing the conceptualization of stress in social anxiety disorder: Affective and physiological consequences. *Clinical Psychological Science, 1*, 363-374.
41. *Kassam, K. S. & Mendes, W. B. (2013). The effects of measuring emotion: Physiological reactions to emotional situations depend on whether someone is asking. *PLoS ONE, 8*, e64959.
42. Mendes, W. B. & *Koslov, K. (2013). Brittle smiles: Positive biases towards stigmatized and outgroup targets. *Journal of Experimental Psychology: General, 142*, 923-933.
43. Ayduk, O., Gyurak, A., *Akinola, M., & Mendes, W. B. (2013). Consistency over flattery: Self-verification processes revealed in implicit and behavioral responses to feedback. *Social and Personality Psychological Science, 4*, 538-545.

44. *Shenhav, A. & Mendes, W. B. (2014). Aiming for the stomach and hitting the heart: Dissociable triggers and sources for disgust reactions. *Emotion, 14*, 301-309.
45. *Akinola, M. & Mendes, W. B. (2014). It's good to be the king: Neurobiological benefits of higher social standing. *Social and Personality Psychological Science, 5*, 43-51.
46. *Page-Gould, E., Mendoza-Denton, R. & Mendes, W. B. (2014). Stress and coping in interracial contexts: The influence of race-based rejection sensitivity and cross-group friendship in daily experiences of health. *Journal of Social Issues, 70*, 256-278.
47. *Townsend, S.S.M., Major, B., *Eliezer, D. & Mendes, W. B. (2014). Influencing the world versus adjusting to constraints: Social class moderates responses to discrimination. *Social and Personality Psychological Science, 5*, 226-234.
48. *Waters, S. F., West, T., & Mendes, W. B. (2014). Stress contagion: Physiological covariation between mothers and infants. *Psychological Science, 25*, 934-942.
49. *McLaughlin, K. A., *Sheridan, M. A., **Alves, S., & Mendes, W. B. (2014). Child maltreatment and autonomic nervous system reactivity to psychosocial stress: Identifying dysregulated stress reactivity patterns using the biopsychosocial model of challenge and threat. *Psychosomatic Medicine, 76*, 538-546.
50. *Kraus, M. W. & Mendes, W. B. (2014). Sartorial symbols: Cues of social class elicit congruent behavioral and physiological responses. *Journal of Experimental Psychology: General, 143*, 2330-2340.
51. *Muhtadie, L., *Koslov, K., *Akinola M., & Mendes, W. B. (2015). Vagal flexibility: A physiological predictor of social sensitivity. *Journal of Personality and Social Psychology, 109*, 106-120.
52. Schmader, T. & Mendes, W. B. (2015). Putting feelings in a social context: Three case studies applying Gross's extended model of emotion regulation. *Psychological Inquiry, 26*, 116-122.
53. Mendes, W. B. (2016). Looking for affective meaning in "multiple arousal" theory: A comment to Picard, Fedor, & Ayzenberg. *Emotion Review, 8*, 77-79.
54. Major, B., Kunstman, J. W., Malta, B. D., *Sawyer, P. J., *Townsend, S. S. M., & Mendes, W. B. (2016). Why are you saying that? Suspicion of whites' motives and minority responses to positive feedback. *Journal of Experimental Social Psychology, 62*, 75-88.
55. Aschbacher, K., Derakhshandeh, R. **Flores, H., Narayan, S., Mendes, W. B., & Springer, M.L. (2016). Circulating angiogenic cell function is inhibited *in vitro* and associated with psychological stress and cortisol *in vivo*. *Psychoneuroendocrinology, 67*, 216-233.
56. *Jamieson, J. P. & Mendes, W. B. (2016). Social stress facilitates risk in youths. *Journal of Experimental Psychology: General, 145*, 467-485.
57. *Human, L.J, **Thorson, K. R., & Mendes, W. B. (2016). Interactive effects between extraversion and oxytocin administration: Implications for positive social processes. *Social and Personality Psychological Science, 7*, 735-744.
58. *Waters, S. F. & Mendes, W. B. (2016). Physiological and relational predictors of mother-infant behavioral coordination. *Adaptive Human Behavior and Physiology*. doi:10.1007/s40750-016-0045-9

59. *Hagan, M. J., Bush, N., Mendes, W. B., Arenander, J., Cohodes, E., Epel, E. S., & Puterman, E. (2016). Childhood adversity is related to daily coping strategies among those who are sensitive to context. *Anxiety, Stress, and Coping*. doi/abs/10.1080/10615806.2016.1259473
60. Gibson, C. J., Mendes, W. B., Schembri, M., Grady, D., & Huang, A. J. (in press). Cardiac autonomic function and hot flashes among perimenopausal and postmenopausal women. *Menopause*.
61. *Human, L., *Thorson, K. R., Woolley, J., & Mendes, W. B. (revise-resubmit). When two positives make a negative: Subtractive effects of pairing positive psychological and pharmacological inductions on emotions, social behavior and physiology. *Hormones and Behavior*.
62. *Park, J., **Flores, A., Aschbacher, K. & Mendes, W. B. (revise-resubmit). Is anger expression bad for African Americans' health? The moderating role of chronic discrimination. *Cultural Diversity and Ethnic Minority Psychology*.
63. *Human, L. J., Woolley, J., & Mendes, W. B. (revise-resubmit). Intrapersonal benefits of receiving help and oxytocin administration. *Emotion*.
64. *Waters, S. F., West, T. V., **Karnilowicz, H. K. & Mendes, W. B. (revise-resubmit). Affect contagion between mothers and babies: Exploring the role of touch and valence. *Journal of Experimental Psychology: General*.
65. West, T. V., *Page-Gould, E., *Koslov, K., Major, B., & Mendes, W. B. (revise-resubmit). Contagious anxiety: Intergroup anxiety potentiates physiological influence. *Psychological Science*.
66. Eckland, N. S., *Leyro, T. M., Mendes, W.B., & *Thomson, R. J. (revise-resubmit). A multi-method investigation of the association between emotional clarity and empathy. *Emotion*.
67. *Park, J., **Flores, A., Woolley, J. & Mendes, W. B. (revise-resubmit). Oxytocin modulates Blacks' responses to outgroup acceptance and rejection.
68. *Crew, C. & Mendes, W. B. (submitted). *Race rejection sensitivity is related to worse short term and long term physical and mental health consequences*.
69. Thorson, K. R., Mendes, W. B., & West, T. V. (submitted). *A stability and influence approach to measuring physiological linkage in dyads*.
70. Hecht, F. M., Moran, M.D., Moskowitz, J., Epel, E.S, Bacchetti, P., Acree, M., Kemeny, M.E., Mendes, W.B...Folkman, S. (submitted). *A randomized controlled trial of mindfulness-based stress reduction in HIV infection*.
71. *Gordon, A., Prather, A., & Mendes, W. B. (submitted). *The social side of sleep: Elucidating the links between sleep and social processes*.
72. Mendes, W. B. & West, T. V. (in preparation). Catching affect: Physiological covariation in dyads and groups. *Current Opinion in Psychology*.
73. *Human, L. J., *Crew, C., & Mendes, W. B. (in preparation). *Vagal flexibility and perceptive accuracy: Examining a biological correlate to the "good judge."*
74. *Siegel, E. H. & Mendes, W. B. (in preparation). *Stress reactivity in older adulthood: An empirical test of the maturational dualism hypothesis*.

BOOKS, CHAPTERS, AND REVIEW ARTICLES

Books

1. Blascovich, J., Mendes, W. B., Vanman, E. & Dickerson, A. (2011). *Social Psychophysiology for Social and Personality Psychology*. Affective Science Series, SAGE.

Review articles and chapters

1. Blascovich, J. & Mendes, W. B. (2000). Challenge and threat appraisals: The role of affective cues. In Forgas, J. (Ed.). *Feeling and thinking: The role of affect in social cognition* (pp. 59-82). New York, NY: Cambridge University Press.

2. Blascovich, J., Mendes, W. B., Hunter, S., & Lickel, B. (2000). Stigma, threat, and social interactions. In: Heatherton, Kleck, Hebl, & Hull (Eds.). *The social psychology of stigma* (pp. 307-333). New York, NY: Guilford Press.

3. Blascovich, J., Mendes, W. B., & Seery, M.D. (2002). Intergroup encounters and threat: A multi-method approach. In D. M. Mackie & E. R. Smith (Eds.). *From prejudice to intergroup emotions: Differentiated reactions to social groups* (pp. 89-109). New York, NY: Psychology Press.

4. Mendes, W. B. (2007). Social Facilitation. *Encyclopedia of social psychology*, R. Baumeister & K. Vohs (Eds).

5. Mendes, W. B. (2009). Assessing the autonomic nervous system. In: E. Harmon-Jones and J.S. Beer (Eds.) *Methods in social neuroscience*, (pp.118-147). New York, NY: Guilford Press.

6. Blascovich, J. & Mendes, W. B. (2010). Social psychophysiology and embodiment. In: S. T. Fiske, Gilbert, D. T., Lindzey, G. (Eds.). *The handbook of social psychology, 5th Edition* (pp. 194-227). New York, NY: John Wiley & Sons Inc.

7. Mendes, W. B. & *Jamieson, J. (2012). Embodied stereotype threat: Exploring brain and body mechanisms underlying performance impairments. In: M. Inzlicht & T. Schmader (Eds.). *Stereotype threat: Theory, process, and application* (pp. 51-68). New York, NY: Oxford University Press.

8. Mendes, W. B. (2013). Inspired by the question not the measure: Exploiting neurobiological responses in the service of intergroup research. In N. Ellemers, D. Scheepers, and B. Derks (Eds). *Social Neuroscience of Prejudice*.

9. Mendes, W. B. & *Park, J. (2014). Neurobiological concomitants of motivation states. In: *Advances in Motivational Science* (pp. 233-270). Academic Press.

10. Mendes, W. B. (2016). Emotion and the autonomic nervous system. In L. F. Barrett, M. Lewis. & J. Haviland-Jones (Eds). *Handbook of Emotions, 4th Edition* (pp. 166-181). New York, NY: Guilford Publications, Inc.

11. Mendes, W. B. & *Muscatell, K. (in press). Affective responses as mediators of the relationship between stigma and health. In B. Major, J. Dovidio, & B. Link (Eds). *Handbook of Stigma*.

12. Mendes, W. B. (in progress). Neuroendocrine responses in intergroup contexts. In P. Mehta & O. Schultheiss (Eds). *International Handbook of Social Neuroendocrinology*.

INVITED PRESENTATIONS**INTERNATIONAL**

Society for Personality and Social Psychology: San Antonio, TX, 2001 (symposium on social neuroscience); New Orleans, LA, 2005 (symposium on social comparisons); Palm Springs, CA, 2006 (symposium on stigmatization); Memphis, TN, 2007 (symposium of neurobiological aspects of emotion); Albuquerque, NM, 2008 (symposium on self-regulation); Tampa FL, 2009 (symposium on emotion and behavior); Tampa FL, 2009 (symposium on graduate student training); Las Vegas, NV, 2010 (symposium on basic psychobiological mechanisms and applications to public health); San Antonio, TX, 2011 (chair, data blitz); San Diego, CA, 2012 (preconference on psychoneuroendocrinology; preconference on methodological training; co-chair data blitz); Long Beach, CA, 2015 (preconference on emotion); San Diego, CA, 2016 (symposium on interdisciplinary research; small grants funding panel); San Antonio, TX, 2017 (symposium on the future of social and personality psychology)

Association for Psychological Science: Denver, CO, 1999 (invited presentation on intergroup relations); Chicago, IL, 2004 (symposium on social comparisons); Los Angeles, CA, 2005 (invited presentation on stigma); San Francisco, CA, 2009 (symposium on discrimination); Washington DC 2013 (chair, symposium on personality and health; symposium on professional development); San Francisco, CA, 2014 (conversation with *Psychological Science* editors); New York City, NY, 2015 (panel discussion on “Getting Published”); Chicago, IL, 2016 (*Inside the Psychologist’s Studio*: Interviewed Jennifer Richeson)

International Society of Research on Emotions: Atlanta, GA, 2006 (symposium on intergroup emotions) ; Berkeley, CA 2013 (chair: symposium on emotions and health)

American Psychological Association: New Orleans, LA, 2006 (symposium on stigma and discrimination); 2012, Orlando, FL (symposium on interdisciplinary science)

Society for Psychophysiological Research: Denver, CO, 1998 (invited presentation on social support); Vancouver, BC, 2006 (symposium on self-regulation)

American Psychosomatic Medicine: Phoenix, AZ, 2003 (symposium on social self and health)

Society for Experimental Social Psychology: Portland, ME, 2009 (symposium on social neuroendocrinology); Minneapolis, MT, 2010 (symposium on intergroup interactions); Washington, DC, 2011 (symposium on psychological construction of emotion)

Royal Netherlands Academy of Arts and Sciences, Amsterdam, The Netherlands, 2011 (conference on the neuroscience of prejudice)

Social and Affective Neuroscience: New York, NY, 2016 (invited address on affect contagion)

Society for Neuroscience: San Diego, CA, 2016 (symposium on stress and cognition)

REGIONAL AND OTHER INVITED PRESENTATIONS

2001	University of California, Los Angeles Health Psychology area meeting
2001	Social Cognitive Neuroscience Conference
2003	University of California, San Francisco Veterans Hospital Administration
2004	New England Social Psychology Association
2004	Harvard University, Social Area

2004 Yale University, Social Area
 2004 UC San Francisco, Osher Center
 2004 Northeastern University, Social Psychology Area meeting
 2005 Tufts Psychology, Departmental Colloquium (Psychology)
 2005 Boston College, Affective Science Series
 2005 Harvard University, Department of Education
 2006 Mass General Hospital, Nuclear Magnetic Imaging
 2007 UC San Francisco, Mind and Biology Seminar
 2007 UC San Francisco, Robert Woods Johnson Health Disparities Group
 2007 UC San Francisco, Psychology and Medicine Seminar
 2007 UC Berkeley, Institute for Personality and Social Psychology
 2007 Stanford University, Social Area
 2007 UC Santa Barbara, Social Area
 2007 Dartmouth Minary Conference
 2007 Harvard University, Osher Center
 2007 Harvard University, Clinical Area
 2008 Brandies University, Departmental Colloquium (Psychology)
 2008 Northwestern University, Departmental Colloquium (Psychology)
 2008 University of Massachusetts Amherst, Social Area
 2009 University of Michigan, Departmental Colloquium (Psychology)
 2009 University of Connecticut, Social Area
 2009 Harvard School of Public Health, Robert Woods Johnson Health & Society
 2010 Cornell University, Departmental Colloquium (Psychology)
 2010 University of Chicago Business School
 2011 UC San Francisco, Mind and Biology Colloquium
 2011 UC San Francisco, Grand Rounds
 2011 UC Berkeley, Haas Business School
 2011 Stanford Social Psychology
 2012 Princeton University, Departmental Colloquium (Psychology)
 2012 Stanford University, Affective Science Area
 2012 UC San Francisco, Bipolar Research Group
 2012 UC San Francisco, Center for Health and Community
 2012 San Francisco Exploratorium, Museum of Science
 2012 UC San Francisco, Osher Center
 2013 UC San Francisco, SFGH, Grand Rounds
 2014 UC San Francisco, Center for Health and Community
 2014 Columbia University, Departmental Colloquium (Psychology)
 2014 Northeastern University, Departmental Colloquium (Psychology)
 2014 University of British Columbia, Departmental Colloquium (Psychology)
 2015 UC San Francisco, Center for AIDS Prevention
 2015 UC Berkeley, Institute for Personality and Social Research
 2015 Carnegie Mellon University, Departmental Colloquium (Psychology)
 2015 University of Wisconsin, Madison, Departmental Colloquium (Psychology)
 2015 Harvard School of Public Health, Departmental Colloquium
 2016 University of North Carolina, Departmental Colloquium (Psychology)
 2016 University of California, Berkeley, Clinical Psychology
 2016 New York University, Social and Affective Neuroscience
 2016 UC San Francisco, Center for Health and Community

GOVERNMENT AND OTHER PROFESSIONAL SERVICE

2003 National Science Foundation Grant Review Panel: Social Psychology
 2005 APA Science Leadership Council

2006	APA Science Leadership Council
2010	National Research Council meeting on Embodied Cognition
2011	National Institute of Aging: Stress and Health experts meeting
2011	American Academy of Arts and Sciences: Emotion experts meeting
2011	National Cancer Institute experts meeting on Emotion and Health
2012	National Cancer Institute experts meeting on Stress and Emotion

UNIVERSITY AND PUBLIC SERVICE

UNIVERSITY SERVICE

Campus-wide (Harvard University, Faculty of Arts & Sciences)

2005	Freshman Faculty Conversations Facilitator
2006	Freshman Faculty Conversations Facilitator
2006	Freshman Orientation, Representative of the Psychology Department
2007	Junior Faculty Institute, Invited Speaker

Psychology Department (Harvard University)

2004 – 2006	Co-chair of the Harvard Psychology Colloquium Committee
2004 – 2006	Methods/Statistics Committee
2005 – 2006	Animal Cognition Search Committee
2005 – 2006	Subject Pool Committee (Chair in Spring '06)
2007 – 2008	Cognition, Brain, & Behavior Search Committee
2007 – 2009	Organized Social Area Brown Bag
2008 – 2009	Organized Advanced Statistics Brown Bag
2007 – 2009	Curriculum for Undergraduate Education

Psychiatry Department (University of California, San Francisco)

2011 – 2012	Search Committee, Director of Division of Infant, Child, & Adolescent Psychiatry
2011 – 2014	Diversity Committee
2012	Diversity Committee (Chair)
2011 – 2015	Co-organizer of the Mind, Brain and Biology speaker series
2012 – 2013	Search Committee (Chair), Assistant Professor, Research Psychologist
2013	Search Committee, Professor of Autism Clinician-Researcher
2013 – 2015	Search Committee, Assistant Professor of Neuroscience, Psychiatry
2014	Search Committee, Assistant Professor, Research Psychology
2015	Search Committee, Assistant Professor VA Clinical Researcher
2015 – 2016	Psychology Task Force

SPECIAL SEMINARS AND TRAINING

2005, 2006, 2007	Summer Institute in Health and Psychophysiology: Directed a 10-week summer institute program for undergraduate training in my Emotion, Health and Psychophysiology Lab. Admitted between 12 and 20 undergraduates from universities in the US, Canada and Europe. Scholarships provided to minority, merit and need-based applicants (2005 – 2010, 2013—2016); Stipends provided to all interns (2011, 2012)
2008, 2009, 2010	
2011, 2012, 2013	
2014, 2015, 2016	
2005, 2006	Specialized Training workshop in Psychophysiology (Harvard): Conducted a week-long intensive special training program in psychophysiological assessment for graduate students, post-doctoral fellows, and faculty

- 2010, 2011 **Specialized Training workshop in Psychophysiology (UCSF):** Taught methods of autonomic nervous system monitoring during a psychobiological workshop
- 2011 **Mini-Medical School (UCSF):** Co-chaired a six week seminar on Aging and Emotion open to San Francisco residents
- 2012, 2014, 2016 **UCSF Psychiatry residents:** Lecture on the neurobiology of emotions (residents ratings of overall effectiveness on a scale from 1 to 5: 2012: $M=4.8$; 2014: $M=4.9$)
- 2012 **UCSF Medical students:** Lecture on the neurobiology of emotions
- 2013 **Summer Institute in Social and Personality Psychology (SISPP), UC Davis:** Co-instructor (with Pranjal Mehta) for two-week course on psychoneuroendocrinology (rated 8.8 on a scale from 1 to 9).

TEACHING AWARDS AND NOMINATIONS (SOME TEACHING AWARDS ALSO APPEAR IN “HONORS AND AWARDS”)

- 2005 Nominee for Levenson Teaching Award, Harvard University
- 2006 Nominee for Levenson Teaching Award, Harvard University
- 2006 One of Harvard Undergraduates’ “Favorite Professors”
- 2007 One of Harvard Undergraduates’ “Favorite Professors”
- 2008 One of Harvard Undergraduates’ “Favorite Professors”
- 2008 Mentored the SPSP Best Graduate Student Paper Award (Akinola & Mendes, 2008)
- 2009 One of Harvard Undergraduates’ “Favorite Professors”
- 2009 Nominee for the Everett Mendelsohn Excellence in Mentoring Award
- 2010 One of Harvard Undergraduates’ “Favorite Professors”
- 2012 Nominee for UCSF Post-doctoral Scholar Association Excellence in Mentoring Award

UNDERGRADUATE STUDENTS SUPERVISED

Dates	Name	Department	Role	Subsequent Position
2004-2005	Joshua Strickland	Psychology/Economics	Thesis supervisor	Yale Law School graduate
2004-2006	Kelly Fahl	Psychology	Thesis supervisor	Columbia Medical School
2004-2006	Arin Keyser	Psychology	Thesis supervisor	Washington DC lobbyist
2004-2006	Lisa Lareau	Psychology/MBB	Thesis supervisor	UMass Medical School
2004-2006	Kathy Lee*	Psychology	Thesis supervisor	Johns Hopkins Medical School
2004-2006	Marina Nasman	Psychology	Thesis supervisor	Harvard MBA student
2004-2006	Sarah Otner	Psychology	Thesis supervisor	London School of Economics
2004-2006	Aleris Rodgers	Psychology/MBB	Thesis supervisor	Harvard Design graduate school
2005-2007	Jessica Hoy	Psychology	Thesis supervisor	Harvard Medical School
2004-2007	Shimon Saphire-Bernstein	Psychology	Thesis supervisor	UCLA graduate school
2005-2007	Katherine Howard	Psychology	Thesis supervisor	New school graduate program
2005-2008	Meghan Pashrisa	Psychology	Thesis supervisor	Harvard MBA student
2006-2008	Erin Blackstock*	Psychology/MBB	Thesis supervisor	Harvard Medical School
2006-2008	Carina Martin*	Psychology/MBB	Thesis supervisor	Yale Medical School

Note. MBB indicates Mind, Brain and Behavior concentration. *Winner of a thesis award.

POST-BACCALAUREATE STUDENTS SUPERVISED

Dates	Name	Lab Position	Subsequent Position/Institution
2008-2010	Kristin Concannon	Lab Manager	Psych Grad Student/Northeastern University
2008-2010	Allison Gaffey	Project Director	Clinical Psych Grad Student/ Notre Dame
2010-2011	Kate Reilly	Lab Manager	Social Psych Grad Student/NYU
2011-2012	Kate Hawley	Lab Manager	Counseling Grad Student/UC Santa Barbara
2012-2013	Maggie Aulet-Leon	Lab Manager	Med Student
2013-2015	Abdiel Flores	Project Director	Social Psych Grad Student/Columbia University
2013-2015	Helena Karnilowicz	Lab Manager	Social-Personality Grad Student/UC Berkeley

PREDOCTORAL STUDENTS SUPERVISED

Dates	Name	Department/Area	Role	Subsequent Position
2004-2009	Modupe Akinola	Organizational Behavior	PhD advisor	Asst Professor Columbia University
2004-2010	Karim Kassam	Social Psychology	Supervised research	Asst Professor Carnegie Mellon
2005-2010	Katrina Koslov	Social Psychology	PhD advisor	Research Scientist UCSF/UCLA Medical School
2006-2010	Matt Killingsworth	Social Psychology	Supervised research	RWJ Health & Society Scholar
2008-2010	Amitai Shenhav	Cognitive Psychology	PhD advisor	Asst Professor Brown University
2010-present	Luma Muhtadie	Clinical Psychology	Supervised research	Current student
2015-present	Amy Sanchez	Clinical Psychology	Supervised research	Current student
2015-present	Casey Brown	Clinical Psychology	Supervised research	Current student

POST-DOCTORAL STUDENTS SUPERVISED

Dates	Name	Fellow	Role	Subsequent Position
2005-2007	Carlos Navarette	Psychology	Supervised research	Asst Professor Michigan State
2006-2009	Kristin Shutts	MBB post-doc scholar	Supervisor	Asst Professor University of Wisconsin
2008-2009	Elizabeth Page-Gould	MBB post-doc scholar	Supervisor	Asst Professor University of Toronto
2008-2010	Fiery Cushman	MBB post-doc scholar	Supervised research	Asst Professor Brown University
2009-2012	Jeremy Jamieson	NRSA post-doc fellow	Supervisor	Asst Professor University of Rochester
2009-2012	Kate McLaughlin	RWJ post-doc scholar	Supervised research	Asst Professor, Harvard University
2010-2012	Michael Kraus	Health Psychology post-doc fellow	Supervisor	Asst Professor University of Illinois, U-C
2011-2012	Renee Thompson	NRSA post-doc (with Ian Gotlib)	Supervised research	Asst Professor Washington University, St. Louis

2011-2014	Sara Waters	Health Psychology post-doc fellow	Supervisor	Asst Professor University of Washington, Vancouver
2012-2013	Teresa Leyro	NIDA post-doc fellow	Supervised research	Asst Professor Rutgers University
2013-2015	Lauren Human	CIHR post-doc fellowship	Supervisor	Asst Professor McGill University
2013-2015	Jiyoung Park	Health Psychology post-doc fellow	Supervisor	Asst Professor UMass Amherst
2013-2016	Keely Muscatell	RWJ post-doc scholar	Supervisor	Asst Professor UNC Chapel Hill
2015-present	Christopher Crew	Health Psychology post-doc fellow	Supervisor	Current post-doc
2015-present	Amie Gordon	GGSC post-doc fellow	Supervisor	Current post-doc
2015-present	Erika Siegel	Health Psychology post-doc fellow	Supervisor	Current post-doc
2016-present	Jacinth Tan	SMU post-doc fellow	Supervisor	Current post-doc

TEACHING AND MENTORING
FORMAL SCHEDULED UNDERGRADUATE & GRADUATE COURSES

SERVED AS PROFESSOR OF RECORD

SEMESTER AND YEAR	COURSE NO. & TITLE: HARVARD UNIVERSITY	COURSE TYPE	CLASS SIZE	STUDENT EVALUATIONS*
FALL 2004	PSYCH 1901 – RESEARCH METHODS	UNDERGRADUATE LECTURE	42	4.6
SPRING 2005	PSYCH 2475 – SOCIAL PSYCHOPHYSIOLOGY	GRADUATE SEMINAR	11	5.0
SPRING 2005	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB	UNDERGRAD/GRAD LAB COURSE	22	5.0
FALL 2005	PSYCH 1901 – RESEARCH METHODS	UNDERGRADUATE LECTURE	32	4.8
FALL 2005	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB	UNDERGRAD/GRAD LAB COURSE	31	5.0
SPRING 2006	PSYCH 1572 – STRESS & HEALTH	UNDERGRADUATE SEMINAR	36	5.0
SPRING 2006	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB	UNDERGRAD/GRAD LAB COURSE	31	4.9
FALL 2006	PSYCH 2610R–PSYCHOPHYSIOLOGY LAB	UNDERGRAD/GRAD LAB COURSE	33	4.9
SPRING 2007	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB	UNDERGRAD/GRAD LAB COURSE	22	5.0
FALL 2007	PSYCH 1901 – RESEARCH METHODS	UNDERGRADUATE LECTURE	37	4.8
FALL 2007	PSYCH 2610R–PSYCHOPHYSIOLOGY LAB	UNDERGRAD/GRAD LAB COURSE	18	5.0
SPRING 2008	PSYCH 2590 – EMOTION	GRADUATE SEMINAR	8	5.0
SPRING 2008	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB	UNDERGRAD/GRAD LAB COURSE	22	4.9
FALL 2008	PSYCH 1901 – RESEARCH METHODS	UNDERGRADUATE LECTURE	67	4.1
FALL 2008	PSYCH 1572 – STRESS & HEALTH	UNDERGRADUATE SEMINAR	26	4.9
FALL 2008	PSYCH 2610R–PSYCHOPHYSIOLOGY LAB	UNDERGRAD/GRAD LAB COURSE	30	4.8
SPRING 2009	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB	UNDERGRAD/GRAD LAB COURSE	43	4.7
FALL 2009	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB	UNDERGRAD/GRAD LAB COURSE	31	4.8
SPRING 2010	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB	UNDERGRAD/GRAD LAB COURSE	35	4.9

Note. *Scale is anchored from 1 – 5 with 5 indicating the best rating.