

Curriculum Vitae
WENDY BERRY MENDES

Position: Chris Argyris Professor of Psychology
Department of Psychology
Yale University

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EDUCATION:

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

PRINCIPAL POSITIONS:

2025-present	Yale University	Chris Argyris Professor of Psychology	Psychology
2023-2025	Yale University	Charles C. & Dorathea S. Dilley Professor of Psychology	Psychology
2010-2023	UC San Francisco	Sarlo/Ekman Professor	Psychiatry
2008-2010	Harvard University	John L. Loeb Associate Professor	Psychology
2004-2008	Harvard University	Assistant Professor	Psychology

OTHER POSITIONS HELD CONCURRENTLY:

2025-present	Yale University	Faculty Member, Wu Tsai Institute
2021-2023	UC San Francisco	Deputy Vice-Chair of Research Department of Psychiatry and Behavioral Sciences
2012-2023	UC San Francisco	Director, Health Psychology
2010-2018	UC San Francisco	Site Director NIMH Affective Science pre-doc training program (T32)
2010-2016	UC San Francisco	Leadership Faculty, RWJ Health and Society Scholars Center for Health and Community
2008-2010	Harvard University	Core Faculty, Center on the Developing Child
2007-2010	Harvard University	Core Faculty, RWJ Health and Society Scholars School of Public Health

KEYWORDS/AREAS OF INTEREST:

Emotion, Stress, Stigma & Discrimination, Social Status, Aging and Decision-Making, Affect Contagion, Emotion Regulation, Psychophysiology, Health Behaviors, Digital Platforms, Stress Management

HONORS AND AWARDS:

2023	<i>Mentoring Award</i> from the Society for Affective Science
2022	<i>Service to SPSP</i> from the Society for Personality and Social Psychology
2020	<i>URM Mentor Award</i> , UCSF Department of Psychiatry
2020	<i>Career Trajectory Award</i> from the Society of Experimental Social Psychology
2016	Thibaut Award Lecture, UNC Chapel Hill
2013	Fellow of the American Psychological Association
2012	Fellow of the Association of Psychological Science
2012	Fellow of the Society for Personality and Social Psychology
2011	<i>APS Janet Taylor Spence Award</i> for Transformative Early Career Contributions
2010	One of Harvard Undergraduates' " <i>Favorite Professors</i> "
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' " <i>Favorite Professors</i> "
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' " <i>Favorite Professors</i> "
2007	<i>Gordon Allport Best Paper on Intergroup Relations Prize</i> (Mendes, et al., 2007)
2007	One of Harvard Undergraduates' " <i>Favorite Professors</i> "
2006	One of Harvard Undergraduates' " <i>Favorite Professors</i> "
2005	Milton Research Fund Award, Harvard
2005	Cooke Research Fund Award, Harvard
2002	UCSB Dissertation Fellowship

PROFESSIONAL ACTIVITIESMEMBERSHIPS

2023 - present	American Association for the Advancement of Science
2013 - present	Society for Affective Science
2009 - present	Society of Experimental Social Psychology
2007 - 2015	Society for the Psychological Study of Social Issues
2004 - 2013	Emotion Research Group
1999 - present	Association of Psychological Science
1999 - 2021	Society for Psychophysiological Research
1999 - present	Society for Personality and Social Psychology

SERVICE TO PROFESSIONAL ORGANIZATIONS

2024-2025	American Association for the Advancement of Science, Chair, Section J (Psych) (elected)
2015-2021	SPSP Treasurer (elected to two consecutive terms)
2015-2017	Society for Affective Science, President 2016 (President-elect, Past President)
2016	Society for Affective Science, Elections Committee (Chair)
2015-2016	APS Elections Committee
2014	SESP Program Committee
2014	SPSP Fellows Committee
2014	SESP Career Trajectory Award Committee, Chair
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, Executive Committee
2013-2015	Summer Institute in Social Personality Psychology (SISPP), Co-Chair
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)
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
2010	Society for Personality and Social Psychology Program Committee, Co-Chair
2010	SPSP Committee for Career Award in Personality Psychology
2009	Gordon Allport Award Selection Committee
2008	Society for Psychophysiological Research Program Committee
2008	Society for Personality and Social Psychology Program Committee

SERVICE TO PROFESSIONAL PUBLICATIONS

2019-2025	Editor, <i>Handbook of Social Psychology</i> , 6 th Ed with Daniel Gilbert, Susan Fiske, and Eli Finkel
2019-2022	Founding Editor-in-Chief, <i>Affective Science</i> with Robert Levenson and James Gross
2025-present	Consulting Editor, <i>Current Directions in Psychological 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>
2013-2020	Senior Editor, <i>Psychological Science</i>
2013	Associate Editor, <i>Psychological Science</i>
2011-2017	Associate Editor, <i>Emotion Review</i>
2009-2015	Associate Editor, <i>Journal of Personality and Social Psychology: PPID</i>
2018-2020	Guest Editor, <i>Perspectives on Psychological Science</i>
2017-2018	Guest Co-Editor (with Rebecca Ferrer) <i>Psychology & Health</i> , special issue on Emotion and Decision-Making in Health Contexts
2015-2022	Guest Editor, <i>Proceedings of National Academy of Science</i>
2012	Guest Editor, <i>Emotion</i>
2020-2022	Editorial Board Member, <i>Health Psychology Review</i>
2014-2020	Editorial Board Member, <i>Motivation Science</i>
2011-2022	Editorial Board Member, <i>Journal of Experimental Psychology: General</i>
2009-2022	Editorial Board Member, <i>Psychological Bulletin</i>
2009-2012	Editorial Board Member, <i>Psychological Science</i>
2006-2020	Editorial Board Member, <i>Journal of Experimental Social Psychology</i>
2006-2008	Editorial Board Member, <i>Personality and Social Psychology Bulletin</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>

Ad hoc Reviewer:

Affective Science
Annals of Behavioral Medicine
Biological Psychology
Brain, Behavior, and Immunity
British Journal of Psychology
Cognition and Emotion
Current Directions in Psychological Science
Emotion
Emotion Review
Evolution and Human Behavior
Group Processes and Intergroup Relations
Handbook of Cognition and Emotion
Handbook of Emotion Regulation
Health Psychology
Health Psychology Review
Hormones & Behavior
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
Journal of Positive Psychology
Journal of Psychophysiology
Journal of Research in Personality

Motivation and Emotion
Nature
Nature Communications
Nature Human Behavior
Neuroimage
Neuropsychologia
Personality and Social Psychology Bulletin
Personality and Social Psychology Review
Perspectives on Psychological Science
Proceedings of the National Academy of Science
Psychological Bulletin
Psychological Review
Psychological Science
Psychology and Health
Psychoneuroendocrinology
Psychophysiology
Psychosomatic Medicine
Public Opinion Quarterly
Review of General Psychology
Science
Scientific Reports
Social, Cognitive & Affective Neuroscience
Social and Personality Psychology Compass
Social Psychological & Personality Science
Social Science and Medicine
Stress & Health
Trends in Cognitive Science

RESEARCH AWARDS AND GRANTS

CURRENT

1. National Institute of Aging (R24AG048024)
 Role: PI (mPI with Epel)
Advancing psychosocial and biobehavioral stress measurement to understanding aging, 2014-2029
2. National Institute of Aging (U24AG072699)
 Role: PI (mPI with Epel)
Advancing psychosocial and biobehavioral approaches to improve emotional well-being, 2021-2025
3. Samsung Research International; Samsung Research America; Samsung Mobile
 Role: PI
Stress measurement platform, 2016-2025
4. National Heart Lung and Blood Institute (R01HL142051)
 Role: Co-I (PI Prather)

Examining the reciprocal effects of racial discrimination and sleep on cardiovascular functioning: An experimental approach, 2018-2025

5. National Institute of Child Health and Human Development (R01 HD110370)
Role: Co-I (PI: Afulani)
Caring for providers to improve patient experience (CPIPE) study, 2023-2027

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. NIA: 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 (Akinola, trainee)
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, 2006 – 2012
12. 1RC2AG036780, PI
National Institute of Aging
Race-based social stress and health trajectories from adolescence to adult, 2010—2012

13. 1F32 HD061195, PI/Sponsor (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
17. Robert Wood Johnson Grant, PI
Affect contagion during interracial interactions and its effect on mutual trust and prosocial behavior, 2013—2016
18. Robert Wood Johnson Grant, PI
An experimental approach to examining racial discrimination and sleep processes, 2013—2016
19. Greater Good Science Center, PI
Effects of measured and manipulated gratitude on biomarkers of health and aging, 2012—2017
20. National Science Foundation (BCS 1430799), PI
Affect contagion: Exploring the catalytic effects of status, 2014 – 2017
21. Samsung Research America, PI
Developing a stress algorithm for assessment and feedback in daily lives, 2016—2018
22. Tobin Center, PI
Does inequality justify irrational decision-making? 2014—2018
23. Harvard University, TH Chan School of Public Health, PI
Effects of optimism on reducing physiologic threat responses and buffering cognitive impairments, 2017-2019
24. National Center for Complementary and Alternative Medicine, Co-I
Metabolic and immunologic effects of meditation, 2009 – 2019
25. National Institute of Mental Health (T32MH019391)
Role: PI
Psychology & Medicine: Translational research on stress, behavior and disease, 2012—2023

PUBLICATIONS

PEER-REVIEWED

* graduate student or post-doctoral trainee

** undergraduate advisee or post-bac

€ shared (first or senior) authorship

1. *Newman, D. B., *Gordon, A. M., & Mendes, W. B. (in press). Is it better to be rich or educated? An experience sampling study examining associations of individual and community level SES components with health and happiness. *Nature Human Behaviour*.
2. *Tan, J. X., West, T. V., & Mendes, W. B. (in press). Socioeconomic status shapes dyadic interactions: Examining behavioral and physiologic responses. *Psychological Science*.
3. *Park, Y., Kubzansky, L. K., & Mendes, W. B. (in press). Life satisfaction and blood pressure: A coordinated analysis of 16 datasets. *Health Psychology*.
4. *del Rosario, K., Brown, C., West, T.V., *Siegel, E. H., & Mendes, W. B. (2025). Working through your emotions: Sadness predicts social engagement for men and social withdrawal for women in dyadic cooperative interactions. *Emotion*.
5. *€Trujillo, M., *€Newman, D., & Mendes, W.B. (2025). Daily experiences of stress and blood pressure among sexual minorities. *Health Psychology*, 44, 197-206.
6. **Dutcher, E. G., *Verosky, S. C., Mendes, W. B., & *Mayer, S. E. (2024). Localizing somatic symptoms of childhood maltreatment. *Proceedings of the National Academy of Sciences*, 121, e2318128121.
7. *Don, B., *Gordon, A. M., & Mendes, W. B. (2024). The good, the bad, and the variable: Examining stress and blood pressure responses to close relationships. *Social and Personality Psychological Science*, 15, 288-298.
8. *Park, Y., Prather, A. A., *Gordon, A. M., & Mendes, W. B. (2024). Better sleep and less stress following sex: Findings from a large-scale ecological momentary assessment study. *Health Psychology*, 43, 904-912.
9. *del Rosario, K., West, T. V., Mendes, W. B., Kunduzi, B., Mamode, N., & Gogalniceanu, P. (2024). How does surgeons' autonomic physiology vary intraoperatively? A real-time study of cardiac reactivity. *Annals of Surgery*, 279, 258-266.
10. *Newman, D. B., *Gordon, A. M., **O'Bryan, J., & Mendes, W. B. (2024). Stress reduction experiments in daily life: Scaling from the lab to the world. *Journal of Experimental Psychology: General*, 153, 1076-1092.
11. Gilmore, G. R., Smith, A., Dickinson, F. B., *Crosswell, A., Mendes, W. B., & *Whitehurst, L. N. (2024). Sleep/wake regularity influences how stress shapes executive function. *Frontiers in Sleep*, 3, 1359723.
12. Blades, R., Mendes, W. B., *Don, B. P., Mayer, S. E., **Dileo, R. **O'Bryan, J., Fromer, E., **Guan, J. Y., Cheng, S. S., Mason, A. E., Prather, A. A., & Epel, E. S. (2024). A randomized controlled clinical trial of a Wim Hoff method intervention in women with depressive symptoms. *Comprehensive Psychoneuroendocrinology*, 20, 100272.

13. Huang, A. J., Chesney, M., Schembri, M., Raghunathan, H., Vittinghoff, E., Mendes, W. B., Pawlowsky, S., Subak, L. L. (2024). Efficacy of a therapeutic pelvic floor yoga program versus physical conditioning program on urinary incontinence in midlife and older women: A randomized trial. *Annals of Internal Medicine*, 177, 1339-1349.
14. *Afulani, P., Akinyi, B., Ndhine, E., Kinyua, J., Okiring, J., Ochiel, D., Odiase, J., Mendes, W. B., & Onger, L. (2024). Mixed methods evaluation of the 'caring for providers to improve patient experience' intervention. *International Journal of Gynecology and Obstetrics*, 165, 487-506.
15. *Afulani, P., Getahun, M., Onger, L., Aborigo, R., Kinyua, J., Ogolla, B. A., Okiring, J., Moro, A., Oluoch, I., Dalaba, M., Odiase, O., Nutur, J., Mendes, W. B., Walker, D., & Neilands, T. (2024). A cluster randomized controlled trial to assess the impact of the 'Caring for Providers to Improve Patient Experience' intervention on person-centered maternity care in Kenya and Ghana: Study Protocol. *BMC Public Health*, 24, 2509.
16. *Park, Y., *Gordon, A. M., & Mendes, W. B. (2023). Age moderates physiological reactivity to daily emotional experiences. *Affective Science*, 4, 487-499.
17. *Chen, R., **del Rosario, K. D., Lockman, A., Boehm, J., Santos, K. B., *Siegel, E., Mendes, W. B., & Kubzansky, L. D. (2023). Effect of induced optimism on subjective states, physical activity, and stress reactivity. *The Journal of Positive Psychology*, 18, 592-605.
18. Brinkman, H., McCarthy, D. E., Mendes, W. B., & *Leyro, T. (2023). An examination of cardiac vagal control indices and cognitive stress appraisal in cigarette smokers. *Applied Psychophysiology and Biofeedback*, 48, 97-107.
19. *Newman, D. B., *Gordon, A. M., Prather, A. A., & Mendes, W. B. (2023). Examining daily associations among sleep, stress, and blood pressure across adulthood. *Annals of Behavioral Medicine*, 57, 453-462.
20. West, T. V. & Mendes, W. B. (2023). Affect contagion: Physiologic covariation and linkage offer insight into socially shared thoughts, emotions, and experiences. *Advances in Experimental Social Psychology*, Volume 67, 73-129.
21. Lee, L. O., *Chen, R., Mendes, W. B., & Kubzansky, L. D. (2023). Lifespan psychosocial stressor, optimism, and hemodynamic acute stress response in a national sample. *Health Psychology*, 42, 172 - 181.
22. Brinkman, H., Fedorenko, E., Hoyt, D., Mendes, W. B., & *Leyro, T. (2023). Cardiac vagal control among community cigarette smokers with low to moderate depressive symptoms. *Applied Psychophysiology and Biofeedback*, 48, 159-169.
23. *Afulani, P., Okiring, J., Aborigo, R., Nutur, J.J., Kuwolamo, I., Dorzie, J.B. K., **Semko, S., Okonofua, J., & Mendes, W. B. (2023). Provider implicit and explicit bias in person-centered maternity care: A cross-sectional study with maternity providers in Northern Ghana. *BMC Health Services Research*, 23.1, 1-15.
24. *Mak, H. W., *Gordon, A. M., Prather, A. A., Epel, E. S., & Mendes, W. B. (2023). Leveraging a digital platform to measure stress and blood pressure in daily life. *Psychosomatic Medicine*, 85, 585-595.

25. *Crosswell, A.D., Epel, E.S., Mendes, W.B., & Prather, A.A. (2022). Improving the language specificity of stress in psychological and population health science. *Psychosomatic Medicine*, 84, 643-644.
26. *Park, J., *Woolley, J., & Mendes, W. B. (2022). The effects of intranasal oxytocin on Black participants' responses to outgroup acceptance and rejection. *Frontiers in Psychology*, 13, 916305-916305.
27. Nutor, J. J., Aborigo, R. A., Okiring, J., Kuwolamo, I., Dorzie, J. B. K., Getahun, M., Mendes, W. B., & * Afulani, P. (2022). Individual and situational predictors of psychological and physiological stress and burnout among maternity providers in Northern Ghana. *PLOS One*, 15, 17e0278457.
28. *Afulani, P., Ogolla, B. A., Oboke, E. N., Ongeri, L., Weiss, S. Lyndon, A., & Mendes, W.B., (2021). Understanding disparities in person-centered maternity care: The potential role of provider implicit and explicit bias. *Health Policy and Planning*, 36, 298-311.
29. *Thorson, K. R., Dumitru, O. D., Mendes, W. B. & West, T. V., (2021). Influencing the physiology and decisions of groups: Physiological linkage during group decision-making. *Group Processes and Intergroup Relations*, 24, 145-159.
30. *Ballard, P.J., **Flores, A. J., *Muscatell, K. A., *Hoyt, L. T., & Mendes, W. B. (2021). An experimental laboratory examination of the psychological and physiological effects of civic empowerment: A novel methodological approach. *Nonprofit and Voluntary Sector Quarterly*, 50, 118-142.
31. *Afulani, P., Ongeri, L., Kinyua, J., Temmerman, M., Mendes, W. B., & Weiss, S. (2021). Psychological and physiological stress and burnout among maternity providers in a rural county in Kenya: Individual and situational predictors. *BMC Public Health*, 21, 1-16.
32. *Weissman, D. G. & Mendes, W. B. (2021). Correlation of sympathetic and parasympathetic nervous system activity during rest and acute tasks. *International Journal of Psychophysiology* 162, 60-68.
33. *Crosswell, A. D., *Whitehurst, L., & Mendes, W. B. (2021). Effects of acute stress on cognition in older versus younger adults. *Psychology and Aging*, 36, 241-251.
34. *Brown, C. L., West, T. V., *Sanchez, A. H., & Mendes, W. B. (2021). Emotional empathy in the social regulation of distress: a dyadic approach. *Personality and Social Psychology Bulletin*, 47, 1004-1019.
35. Vohs, K., Schmeichel, B., Gronau, Q., Wagenmakers, E-J., ... **del Rosario, K., Mendes, W.B., **Nakahara, E., ... & Albarracin, D. (2021). A multi-site, preregistered, paradigmatic test of the ego depletion effect. *Psychological Science*, 32, 1566-1581.
36. *Park, J., **Carillo, B., & Mendes, W. B. (2021). Is vicarious stress functionally adaptive? Perspective-taking modulates the effects of vicarious stress on future firsthand stress. *Emotion*, 21, 1131-1143.
37. *Gordon, A. M. & Mendes, W. B. (2021). A large-scale study of stress, emotions, and blood pressure in daily life using a digital platform. *Proceedings of National Academy of Science*, 118, 31.

38. *Thorson, K. R., McKerman, S. M., West, T. V., Mendes, W. B., *Woolley, J., *Stauffer, C. S. (2021). Oxytocin increases physiological linkage during group therapy for methamphetamine use disorder: A randomized clinical trial. *Scientific Reports*, *11*, 1-12.
39. *Newman, D., *Gordon, A., & Mendes, W. B. (2021). The influence of dispositional gratitude and optimism on health and well-being in daily life. *Emotion*, *21*, 1357-1365.
40. *Trujillo, M. & Mendes, W. B. (2021). An ignored minority status: How social psychology can contribute to understanding health consequences of LGBTQ members. *Social and Personality Psychology Compass*, *15*.
41. Aczel, B.,..., Mendes, W. B., ...Wagenmakers, E-J. (2020). A consensus-based transparency checklist for social and behavioral researchers. *Nature Human Behavior*, *4*, 4-6.
42. Gross, J. J., Levenson, R. W., & Mendes, W. B. (2020). Affective Science. *Affective Science*, *1*, 1-3.
43. Puterman, E., Weiss, J., Gemmill, A., Karasek, D., Mendes, W. B., & Rehkopt, D. (2020). Predicting mortality among older adults from 57 economic, behavioral, social, and psychological factors. *Proceedings of National Academy of Science*, *117*, 16273-16282.
44. *Waters, S. F., **Karnilowicz, H. R., West, T. V., & Mendes, W. B. (2020). Keep it to yourself? Parent emotion suppression influences physiological contagion and interaction behavior. *Journal of Family Psychology*, *34*, 784-793.
45. *Thorson, K., West, T. V., & Mendes, W. B. (2020). Controlling the uncontrolled: Incidental experimenter effects on physiologic reactivity. *Psychophysiology*, *57*, e13500.
46. **Karnilowicz, H. R., *Waters, S. F., & Mendes, W. B. (2019). Not in front of the kids: Effects of parental suppression on socialization behaviors during a cooperative parent-child interactions. *Emotion*, *19*, 1183-1191.
47. *Gordon, A., **Del Rosario, R., **Flores, A., Mendes, W.B., & Prather, A.A. (2019). Bidirectional links between social rejection and sleep. *Psychosomatic Medicine*, *81*, 739-748.
48. Huang, A., Grady, D., Mendes, W. B., Hernandez, C., Schembri, M., & Subak, L. (2019). A randomized controlled trial of device guided slow-paced respiration in women with overactive bladder syndrome. *Journal of Urology*, *202*, 787-794.
49. Daubenmier, J., Epel, E., Kemeny, M., Moran, P., Thompson, Mason, A., Acree, M., Goldman, Kristeller, J., Hecht, F. & Mendes, W. B. (2019). A randomized controlled trial of a mindfulness-based intervention on cardiovascular reactivity to social-evaluative threat among adults with obesity. *Mindfulness*, *10*, 2583-2595.
50. *Eckland, N. S., *Leyro, T. M., Mendes, W. B., & *Thompson, R. J. (2019). The role of physiology and voice in emotion perception during social stress. *Journal of Nonverbal Behavior*, *43*, 493-511.
51. Ferrer, R. & Mendes, W. B. (2018). Emotion, health decision making, and health behavior. *Psychology and Health*, *33*, 1-16.
52. *Human, L. J., *Woolley, J., & Mendes, W. B. (2018). Effects of oxytocin administration on receiving help. *Emotion*, *18*, 980-988.

53. *Park, J., **Flores, A., Aschbacher, K. & Mendes, W. B. (2018). Is anger expression bad for African Americans' health? The moderating role of chronic discrimination. *Cultural Diversity and Ethnic Minority Psychology*, 24, 303-318.
54. *Eckland, N. S., *Leyro, T. M., Mendes, W.B., & *Thompson, R. J. (2018). A multi-method investigation of the association between emotional clarity and empathy. *Emotion*, 18, 638-645.
55. Epel, E. S., Prather, A. A., Croswell, A., Slavich, G., Puterman, E., & Mendes, W. B. (2018). More than a feeling: A unified view of stress measurement for population science. *Frontiers in Neuroendocrinology, Special issue honoring Bruce McEwen*, 49, 146-169.
56. Hecht, F. M., Moran, M.D., Moskowitz, J., Epel, E.S, Bacchetti, P., Acree, M., Kemeny, M.E., Mendes, W.B, Duncan, L.G., Weng, H., Levy, J.A., & Folkman, S. (2018). A randomized controlled trial of mindfulness-based stress reduction in HIV infection. *Brian, Behavior, and Immunity*, 73. 331-339.
57. Fu, P., Gibson, C. J., Mendes, W. B., Schembri, M., & Huang, A. J. (2018). Anxiety, depressive symptoms, and cardiac autonomic function in perimenopausal and postmenopausal women with hot flashes: A brief report. *Menopause*, 25, 1470-1475.
58. *Thorson, K. R., West, T. V., & Mendes, W. B. (2018). Measuring physiological influence in dyads: A guide to designing, implementing, and analyzing dyadic physiologic studies. *Psychological Methods*, 23, 595-616.
59. *Human, L. J. & Mendes, W. B. (2018). Cardiac vagal flexibility and accurate personality impressions: Examining a physiological correlate of the good judge. *Journal of Personality*, 86, 1065-1077.
60. *Hagan, M. J., Bush, N., Mendes, W. B., Arenander, J., Cohodes, E., Epel, E. S., & Puterman, E. (2017). Childhood adversity is related to daily coping strategies among those who are sensitive to context. *Anxiety, Stress, and Coping*, 30, 163-175.
61. Gibson, C. J., Mendes, W. B., Schembri, M., Grady, D., & Huang, A. J. (2017). Cardiac autonomic function and hot flashes among perimenopausal and postmenopausal women. *Menopause*, 24, 756-761.
62. *Human, L., **Thorson, K. R., *Woolley, J., & Mendes, W. B. (2017). When two positives make a negative: Subtractive effects of pairing positive psychological and pharmacological inductions on emotions, social behavior and physiology. *Hormones and Behavior*, 90, 120-128.
63. *Waters, S. F., West, T. V., **Karnilowicz, H. K. & Mendes, W. B. (2017). Affect contagion between mothers and babies: Exploring the role of touch and valence. *Journal of Experimental Psychology: General*, 146, 1043-1051.
64. *Gordon, A., Mendes, W. B., & Prather, A. (2017). The social side of sleep: Elucidating the links between sleep and social processes. *Current Directions in Psychological Science*, 26, 470-475.
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71. *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
72. *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.
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91. *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.
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Reprinted in: Kawakami, K. (2014). *The Psychology of Prejudice*. Sage Publications: New York: NY.

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Under Review and In Preparation

124. Jolink, T. A., Mendes, W. B., & Gordon, A. M. (revise-resubmit). Initial romantic interactions as motivated performance situations. *Personality and Social Psychology Review*.
125. Silva-Jones, J. R., Smith, A., Marshburn, C. K., *Crosswell, A., Mendes, W. B., & *Whitehurst, L. N. (revise-resubmit). Contextualizing cognition: Socio-environmental factors shape how momentary stress predicts memory. *Social Science and Medicine*.
126. *Park, Y., *Guevarra, D. A., **O'Bryan, J., & Mendes, W. B. (revise-resubmit). The effects of transcutaneous vagus nerve stimulation on romantic couples' physiology and behavior during conflict. *Stress, Anxiety, and Coping*.
127. Pandya, L. S., Soltani, S., Hecht, F. M., Hartogenesis, W., Mendes, W. B., Smarr, B. L., Mason, A. E. (revise-resubmit). Healthcare worker burnout and heart rate variability. *PLOS One*.
128. Stern, J., Roche, M., Shepherd, R., Hartogenesis, W., Moran, P., Cockerham, L., Rhodes, A., Cameron, P. U., Chang, J., Kumar, N., Mendes, W.B., Deeks, S. G., Hecht, F. M., & Lewin, S. R. (revise-resubmit). The impact of acute stress on the HIV reservoir: A prospective interventional trial. *Journal of Virus Eradication*.
129. *Whitehurst, L. N., Silva-Jones, J. R., Krystal, A., Mendes, W. B., & Prather, A. A. (submitted). The cost of racial sleep disparities for sleep-dependent memory processing.
130. Epel, E. S., *Don, B. P., Mayer, S. E., Blades, R., Mason, A. E., Fromer, E., *O'Bryan, J. F., *Dileo, R., *Guan, J. Y., Schilf, S. J., Cheng, S. S., Prather, A. A., & Mendes, W. B. (submitted). *A randomized controlled pilot trial of low and high arousal resilience interventions on depressive symptoms*.
131. *^eThorson, K. R., *^eGordon, A. M., **Ross, K. E., *del Rosario, K., Prather, A. A., & Mendes, W. B. (submitted). *A multimodal investigation of empathic stress during acute stress exposure in romantic couples: Does sleep deprivation play a role?*
132. ^eLuerssen, A., *^eGordon, A. M., Ascigil, E., & Mendes, W. B. (submitted) *Concurrent stress: A common pain point in couples' lives?*
133. Blades, R., *Don, B., Mendes, W. B., O'Brien, J., Epel, E.S., & Prather, A. A. (submitted). *Can dried blood spots detect the IL-6 inflammatory response to an acute psychological stressor?*
134. *Monroy, M., *Martin, K., Gordon, A. M., & Mendes, W. B. (submitted). *The black-white health paradox in daily life: Elevated blood pressure and enhanced coping and positive emotions among Black Americans*.

135. Allen, A. M., Mendes, W. B., West, T. V., del Rosario, K., & *Brown, C. K. (submitted). *Alexithymia in dyadic interactions: associations with affective and sympathetic nervous system reactivity and empathic accuracy.*
136. *Mak, H. W., Schneider, S., **Rosa, C., Surachman, A., Epel, E. S., & Mendes, W. B. (in preparation) *Comparing methods of assessing affect reactivity to daily stressors: consistent associations with mental health, physical health, and demographic characteristics.*
137. *Don, B., Blades, R., O'Bryan, J., Dileo, R., Fromer, E., Prather, A., Epel, E., & Mendes, W. B. (in preparation). *Stress resilience training: Comparing slow-paced breathing to fast-paced breathing interventions on autonomic and emotional reactivity to acute stress.*
138. *Brown, R. L., Van Bogart, K., Almeida, D. Mendes, W. B., Epel, E. S., & Prather, A. A. (in preparation). *Positive and negative affect dynamics associated with long-term neutralizing antibody response following COVID-19 vaccination.*
139. Cummings, K. E., Keller, B. L., Brinkman, H. R., *Thompson, R. J., Mendes, W. B., Farris, S. G., & *Leyro, T. M. (in preparation). *Adapting to social stress: How anxiety sensitivity shapes cognitive stress appraisal.*
140. *Zhou, J. & Mendes, W. B. (in preparation). *Social isolation across the lifespan: Being alone influences daily blood pressure and happiness.*
141. *Park, Y., **Concepcion, C. J., Krystal, A., Mendes, W.B., & Prather, A. A. (in preparation). *In-group vs. out-group rejection: Effects on emotions, physiological responses, and sleep processes.*

BOOKS, CHAPTERS, AND CONFERENCE PROCEEDINGS

Book

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

Edited Book

1. Gilbert, D. T., Fiske, S. T., Finkel, E. J., & Mendes, W. B. (2025). *Handbook of Social Psychology, 6th Edition*. Situational Press.

Chapters

1. Mendes, W. B. (2025). Social Neuroendocrinology. In: H. Reis, T. V. West, & C. Judd (Eds.). *Handbook of Research Methods in Social and Personality Psychology, 3rd Edition*.
2. *Gordon, A. M., Mendes, W. B., & Prather, A. A. (2019). Sleep and Social Processes. In: Z. Krizan (Ed.). *Sleep, Personality, and Social Behavior*. (pp. 3-12).
3. Mendes, W. B. (2019). Emotion. In R. Baumeister & E. Finkel (Eds). *Advanced Social Psychology, 2nd edition*. (pp. 325-342).
4. Mendes, W. B. & *Muscatell, K. A. (2018). Affective responses as mediators of the relationship between stigma and health. In B. Major, J. Dovidio, & B. Link (Eds). *The Oxford handbook of stigma, discrimination, and health* (pp. 265-283). New York, NY: Oxford University Press.

5. 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.
6. Mendes, W. B. & *Park, J. (2014). Neurobiological concomitants of motivation states. In: *Advances in Motivational Science* (pp. 233-270). Academic Press.
7. Mendes, W. B. (2013). Inspired by the question, not the measure: Exploiting neurobiological responses in the service of intergroup research. In B. Derks, D. Scheepers, and N. Ellemers, (Eds). *Neuroscience of Prejudice and Intergroup Relations* (pp. 299-315). Psychology Press.
8. 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.
9. 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.
10. 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.
11. Mendes, W. B. (2007). Social Facilitation. *Encyclopedia of social psychology*, R. Baumeister & K. Vohs (Eds).
12. 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.
13. 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.
14. 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.

Published Conference Proceedings

1. Rahman, M. M., Morshed, M. B., Zhu, Li., Zhou, J., Mendes, W. B., & Desai, S. (2025). Classifying physiological stress arousal towards distinguishing threat and challenge responses using earbuds. In *2025 47th Annual International Conference IEEE Engineering in Medicine and Biology Society (EMBC)*
2. Zhang, L., Rahman, M., Morshe, M. B., Zhu, L., Zhou, H., O'Bryan, J., Mendes, W. B., & Kuang, J. (2025). Know your heart better: Multimodal cardiac output monitoring using earbuds. In *2025 47th Annual International Conference of the IEEE Engineering in Medicine and Biology Society (EMBC)*.
3. Islam, D. M., Mahbubur, M., Morshed, M. B., Lin, D. J., Li, Yunzhi, Zhou, H., Mendes, W. B., & Kuang, J. (2025). BallistoBud: Heart Rate Variability Monitoring using Earbud Accelerometry for Stress Assessment. *Association for Computing Machinery*.

4. Zhang, L., Nathan, V., **Rosa, C., Kuang, J., Mendes, W. B., & Gao, J. A. (2024, July). Morphological Photoplethysmography Features Enhance Stress Detection in Earbud Sensors. In *2024 46th Annual International Conference of the IEEE Engineering in Medicine and Biology Society (EMBC)* (pp. 1-5). IEEE.
5. Morshed, M. B., Rahman, M. M., Nathan, V., Zhu, L., Bae, J., **Rosa, C., Mendes, W. B., & Gao, A. (2024, April). Core Body Temperature and its Role in Detecting Acute Stress: A Feasibility Study. In *ICASSP 2024-2024 IEEE International Conference on Acoustics, Speech and Signal Processing (ICASSP)* (pp. 1606-1610). IEEE.
6. Lin, D. J., Rahman, M. M., Zhu, L., Nathan, V., Bae, J., **Rosa, C., Mendes, W. B., Kuang, J., & Gao, A. J. (2024, April). Ballistocardiogram-Based Heart Rate Variability Estimation for Stress Monitoring using Consumer Earbuds. In *ICASSP 2024-2024 IEEE International Conference on Acoustics, Speech and Signal Processing (ICASSP)* (pp. 2111-2115). IEEE.
7. Rahman, M. M., Xu, X., Nathan, V., Ahmed, T., Ahmed, M. Y., McCaffrey, D., Kuang, J., **Cowell, T., *Moore, J., Mendes, W. B., & Gao, J. A. (2022, July). Detecting physiological responses using multimodal earbud sensors. In *2022 44th Annual International Conference of the IEEE Engineering in Medicine & Biology Society (EMBC)* (pp. 01-05). IEEE.

INVITED AND PEER-REVIEWED 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 (Psychoneuroendocrinology preconference; Methodological training preconference; co-chair data blitz); Long Beach, CA, 2015 (Emotion preconference); 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); Atlanta, GA, 2018 (keynote for Emotion preconference; graduate training panel: obtaining grant funding); SPSP Summer forum on health disparities, 2022, Minneapolis, MN (inside the psychologist's studio); Atlanta, GA 2023 (Emotion preconference); San Diego, CA 2024 (SES and health)

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); San Francisco, CA, 2018 (panel on Emotion theory and research); Washington, DC, 2025 (symposium on leveraging psychological science to address public health challenges)

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); Berkeley, CA, 2013 (symposium honoring Tom Pettigrew); Seattle, Washington, 2018 (symposium on social synchrony); Philadelphia, PA, 2022 (co-chair: symposium on micro-interventions); Lisbon, Portugal, 2025 (chair: symposium on interpersonal synchrony)

Society for Affective Science: Boston, MA, 2017 (salon); Los Angeles, CA 2018 (talk at positive emotion preconference; moderator of symposium on emotion and health); Virtual, 2020 (meet the Editors' salon); Virtual, 2022 (TED-style talk); Long Beach, CA, 2023 (talk at emotion regulation preconference; symposium on affect and emotion in daily life); New Orleans, LA, 2024 (debate moderator; symposium discussant)

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

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

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

American Psychosomatic Medicine: Phoenix, AZ, 2003 (symposium on social self and health); Berkeley, CA, 2017 (symposium on emotions and social relationships: implications for health and disease); Vancouver, Canada, 2019 (symposium on latest advances in stress science)

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)

Interdisciplinary Symposium on Decision Neuroscience: Stanford, CA, 2017 (symposium on self-control and emotion)

German Social Psychology Conference: Ulm, Germany, 2017 (keynote)

Academy of Behavioral Medicine Research: 2020 (symposium on stress and COVID-19)

NATIONAL AND OTHER INVITED PRESENTATIONS

2001	University of California, Los Angeles, Health Psychology Area
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 Research
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, Booth 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
2017	UC San Francisco, Osher Center
2017	Stanford University, Departmental Colloquium (Psychology)
2017	UC Davis, Social and Personality Area
2017	The Ohio State University, Departmental Colloquium (Psychology)
2018	UC Berkeley, Haas Business School
2018	McGill University, Psychology Department, Hebb Lecture
2018	Washington University, St. Louis. Departmental Colloquium (Psychology)
2019	University of California, Riverside, Social and Personality Area
2019	Harvard Medical School, Surgery Seminar
2021	Harvard School of Public Health
2021	York University, Social and Personality Area
2022	Yale University, Departmental Colloquium (Psychology)
2023	University of Southern California, Departmental Colloquium (Psychology)

2024	Weill Cornell Medicine, Ground Rounds, Department of Anesthesiology
2024	Yale University, Wu Tsai Institute: Neuroscience in the Wild
2024	Harvard University, Clinical Science Area
2024	Yale Stress Science Series
2024	Brown University, Departmental Colloquium (Psychology)

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
2016	NIH Science of Behavioral Change, consultant on stress measurement
2018	NIH Special Emphasis, panel member
2019	NSF EHR grant review, panel member
2020	NIH RFA, panel member
2021	NIH Science of Behavioral Change, presenter on stress measurement
2021	NIH RFA, panel member
2022	NIH RFA, panel member
2022	National Academy of Science Entertainment Exchange, featured speaker
2023	External Evaluator, Columbia University Psychology Department
2024	NIH Interpersonal Biases and Health Workshop, presenter
2024	Samsung Scientific Advisory Board—Digital Health
2024	AAAS Chair of the McGovern Lecture Award

UNIVERSITY SERVICE

Campus-wide (Yale University)

2023 – 2025	Social Science Tenure and Promotions Committee
2023 – present	WuTsai Institute Steering Committee
2024	Wrexham Prize Committee
2024 – 2025	Wu Tsai Search Committee

Psychology Department (Yale University)

2023 – present	Quantitative Search Committee (Co-Chair)
2024 – present	Social Psychology Search Committee (Chair)
2024 – 2025	Teaching Committee
2024 – present	Social Psychology Current Works Faculty Organizer

Psychiatry Department (University of California, San Francisco)

2011 – 2012	Search Committee, Director of Division of 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
2017 – 2018	Search Committee, Distinguished Professor of Mood-Disorders
2019	Selection Committee for Psychiatry Vice-Chair for Education
2020	Selection Committee for Robertson Distinguished Professor in Psychiatry
2021 – 2023	Deputy Vice-Chair of Research
2021 – 2023	Committee on Anti-Racism in Research
2022 – 2023	Committee on Space Principles (Chair)

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

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

Psychology Department (Harvard University)

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

SPECIAL SEMINARS AND TRAINING

2005 – 2025	Summer Institute in Emotion, Health, and Psychophysiology: Directed a summer internship 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. Stipends provided to merit, minority, and need-based applicants (Harvard: 2005 – 2010, UCSF: 2011—2023; Yale: 2024-present)
2005, 2006 2010, 2011 2018, 2022	Specialized training workshop in Psychophysiology: Conducted a week-long intensive training program in psychophysiological assessment for graduate students, post-doctoral fellows, and faculty.
2011	Mini-Medical School (UCSF): Co-chaired a six-week seminar on Aging and Emotion open to San Francisco residents.
2012, 2014, 2016 2017, 2018, 2019	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: $M=4.9$; 2017: $M=5.0$)
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 AND MENTORING AWARDS (SOME AWARDS ALSO APPEAR IN “HONORS AND AWARDS”)

2023	Mentoring Award from the Society for Affective Science
2020	Mentoring Award for URMs, Department of Psychiatry and Behavioral Sciences

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

UNDERGRADUATE STUDENTS SUPERVISED

Dates	Name	Department	Role	Subsequent Position
<i>Harvard University</i>				
2004-2005	Joshua Strickland	Psychology/Economics	Thesis supervisor	Yale Law School
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
<i>Yale University</i>				
2023-2024	Harry Keenan	Cognitive Science	Thesis supervisor	Analyst at McKinsey
2023-2024	Alyssa Michel	Cognitive Science	Thesis supervisor	Yale Medical School: PGA
2024-2025	Odessa Goldberg	Cognitive Science	Thesis supervisor	
2024-2025	Breanna Brownson	Cognitive Science	Thesis supervisor	Creighton University School of Medicine
2024-2025	Yaz Liow	Psychology	Thesis supervisor	U Penn postgrad scholar
2024-2025	Alanna Rivera	Psychology	Thesis supervisor	UCSB graduate school
2023-2025	Zack Liu	Public Health	Masters thesis	Oxford University

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	PhD Psychology/Northeastern University
2008-2010	Allison Gaffey	Project Director	PhD Clinical Psychology/ Notre Dame
2010-2011	Kate Reilly Thorson	Lab Manager	PhD Social Psychology/NYU
2011-2012	Kate Hawley	Lab Manager	PhD Counseling/UC Santa Barbara
2012-2013	Maggie Aulet-Leon	Lab Manager	MD Oregon Health & Sciences
2013-2015	Abdiel Flores	Project Director	PhD Social Psychology/Columbia University
2013-2015	Helena Karnilowicz	Lab Manager	PhD Social Psychology/UC Berkeley
2015-2017	Belinda Carrillo	Lab Manager	PhD Social Psychology /UC Berkeley

2016-2019	Kareena del Rosario	Lab Manager	PhD Social Psychology/NYU
2018-2020	Sierra Semko	Project Director	PhD Social Psychology/UC Berkeley
2018-2020	Katherine Ross	Lab Manager	PhD Clinical Psychology/University of Michigan
2019-2022	Maria Conception	Project Director	PhD Social Psychology/Columbia
2019-2023	Rebecca Dileo	Project Director	PhD Personality Psychology/University of Michigan
2022-2023	Christina Rosa	Project Director	PhD Clinical Psychology/UC Santa Barbara
2019-2024	Julia O'Bryan	Lab Manager	PhD Social Psychology/UC Santa Barbara

DOCTORAL STUDENTS SUPERVISED

Dates	Name	Department/Area	Role	Subsequent Position
2004-2009	Modupe Akinola	OB Harvard University	PhD advisor	Asst Professor Columbia University
2004-2010	Karim Kassam	Social Psychology Harvard University	Supervised research	Asst Professor Carnegie Mellon University
2005-2010	Katrina Koslov	Social Psychology Harvard University	PhD advisor	Research Scientist UC San Francisco
2008-2010	Amitai Shenhav	Cognitive Psychology Harvard University	PhD co- advisor	Asst Professor Brown University
2011-2015	Luma Muhtadie	Clinical Psychology UC Berkeley	Supervised research	Clinical Psychologist
2015-2020	Amy Sanchez	Clinical Psychology UC Berkeley	Supervised research	Clinical Psychologist
2015-2020	Casey Brown	Clinical Psychology UC Berkeley	Supervised research	Asst Professor Georgetown University
2017-2019	David Weissman	Development Psychology UC Davis	Supervised research	Post-doc Harvard University\Asst Professor CSU Dominguez Hills
2017-2020	Forrest Rogers	Biological Psychology UC Davis	Supervised research	Post-doc Princeton University
2024- present	Paige Freeburg	Social Psychology Yale University	PhD advisor	Current student
2024- present	Sienna Bland- Abramson	Social Psychology Yale University	PhD advisor	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
2009-2012	Margaret Sheridan	RWJ post-doc scholar	Supervised research	Asst Professor, UNC Chapel Hill

2010-2012	Michael Kraus	Health Psychology post-doc fellow T32	Supervisor	Asst Professor Yale Business School
2011-2012	Renee Thompson	NRSA post-doc (with Ian Gotlib)	Supervised research	Asst Professor Wash University, St. Louis
2011-2014	Sara Waters	Health Psychology post-doc fellow T32	Supervisor	Asst Professor University of Washington, VCR
2012-2013	Teresa Leyro	NIDA post-doc fellow	Supervised research	Asst Professor Rutgers University
2012-2015	Joshua Woolley	DOD career grant	Supervised research	Asst Professor UCSF
2013-2015	Lauren Human	CIHR post-doc fellowship	Supervisor	Asst Professor McGill University
2013-2015	Jiyoung Park	Health Psychology post-doc fellow T32	Supervisor	Asst Professor UMass Amherst
2013-2016	Keely Muscatell	RWJ post-doc scholar	Supervisor	Asst Professor UNC Chapel Hill
2015-2017	Christopher Crew	Health Psychology post-doc fellow T32	Supervisor	Asst Professor San Bernardino Valley College
2015-2019	Erika Siegel	Health Psychology post-doc fellow T32	Supervisor	Research Scientist Omnicept AI
2015-2020	Amie Gordon	GGSC post-doc fellow/Samsung	Supervisor	Asst Professor University of Michigan
2016-2018	Jacinth Tan	SMU post-doc fellow	Supervisor	Asst Professor Singapore Mngt University
2017-2021	Alexandra Crosswell	K99/R00	Supervised research	Asst Professor UCSF
2017-2021	Patience Afulani	K99/R00	Supervised research	Asst Professor UCSF
2018-2020	Lauren Whitehurst	Health Psychology post-doc fellow T32	Co-supervisor	Asst Professor University of Kentucky
2018-2021	Michael Trujillo	Health Psychology post-doc fellow T32	Supervisor	Asst Professor Carnegie Mellon University
2019-2021	Kimberly Lockwood	R24 post doc fellow	Supervisor	Health Scientist Lark Health
2021-2022	Brian Don	Health Psychology post-doc fellow T32	Co-supervisor	Asst Professor University of Texas, Austin
2020-2023	David Newman	Health Psychology T32/R24 post doc	Supervisor	Asst Professor Loma Linda University
2021-2024	Darwin Guevarra	Health Psychology T32/NIH NRSA	Supervisor	Asst Professor Miami University
2021-2024	Hio Wa (Grace) Mak	Health Psychology post-doc fellow T32	Supervisor	Asst Professor University of Macau
2023-2025	Val Wongsomboon	Nolen-Hoeksema Post-doctoral Fellow	Co-supervisor	Asst Professor Florida State University
2022-2025	Kimberly Martin	UC President Fellow/Yale	Supervisor	Executive Recruiter
2022-present	Yoobin Park	NIH Network Post-doctoral Fellow	Supervisor	Current post-doc
2022-present	Maria Monroy	Ford Post-doctoral Fellow/Yale	Supervisor	Current post-doc
2024-present	Jieni Zhou	Yale Psychology SRA post-doc	Supervisor	Current post-doc

2024-present	Mark Shuquan Chen	Nolen-Hoeksema Post-doctoral Fellow	Co-supervisor	Asst Professor Harvard University starting 7/2025
2025-present	Gold Okafor	Yale Psychology Post-doctoral 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 Harvard University	UNDERGRADUATE LECTURE	42	4.6
SPRING 2005	PSYCH 2475 – SOCIAL PSYCHOPHYSIOLOGY Harvard University	GRADUATE SEMINAR	11	5.0
SPRING 2005	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB Harvard University	UNDERGRAD/GRAD LAB COURSE	22	5.0
FALL 2005	PSYCH 1901 – RESEARCH METHODS Harvard University	UNDERGRADUATE LECTURE	32	4.8
FALL 2005	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB Harvard University	UNDERGRAD/GRAD LAB COURSE	31	5.0
SPRING 2006	PSYCH 1572 – STRESS & HEALTH Harvard University	UNDERGRADUATE SEMINAR	36	5.0
SPRING 2006	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB Harvard University	UNDERGRAD/GRAD LAB COURSE	31	4.9
FALL 2006	PSYCH 2610R–PSYCHOPHYSIOLOGY LAB Harvard University	UNDERGRAD/GRAD LAB COURSE	33	4.9
SPRING 2007	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB Harvard University	UNDERGRAD/GRAD LAB COURSE	22	5.0
FALL 2007	PSYCH 1901 – RESEARCH METHODS Harvard University	UNDERGRADUATE LECTURE	37	4.8
FALL 2007	PSYCH 2610R–PSYCHOPHYSIOLOGY LAB Harvard University	UNDERGRAD/GRAD LAB COURSE	18	5.0
SPRING 2008	PSYCH 2590 – EMOTION Harvard University	GRADUATE SEMINAR	8	5.0
SPRING 2008	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB Harvard University	UNDERGRAD/GRAD LAB COURSE	22	4.9
FALL 2008	PSYCH 1901 – RESEARCH METHODS Harvard University	UNDERGRADUATE LECTURE	67	4.1
FALL 2008	PSYCH 1572 – STRESS & HEALTH Harvard University	UNDERGRADUATE SEMINAR	26	4.9
FALL 2008	PSYCH 2610R–PSYCHOPHYSIOLOGY LAB Harvard University	UNDERGRAD/GRAD LAB COURSE	30	4.8
SPRING 2009	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB Harvard University	UNDERGRAD/GRAD LAB COURSE	43	4.7
FALL 2009	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB Harvard University	UNDERGRAD/GRAD LAB COURSE	31	4.8
SPRING 2010	PSYCH 2610R– PSYCHOPHYSIOLOGY LAB Harvard University	UNDERGRAD/GRAD LAB COURSE	35	4.9
SPRING 2024	PSYCH 441 – THE SOCIAL BODY Yale University	UNDERGRADUATE SEMINAR	19	4.6
SPRING 2025	PSYCH 110 – INTRODUCTION TO PSYCHOLOGY Yale University	LECTURE COURSE	181	4.3

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